

# NUTRITION

# FOR KIDS!

**FREE Webinar 10am Friday 22nd November**

## WE WILL DISCUSS...

- Fun, easy and healthy lunchbox foods
- Fussy eating
- Picky eating
- Sensory aversions
- Mealtime environment



Scan the QR  
code to register

Did you know it can  
take 10-15 exposures  
to a food before a child  
will accept it.

Creating a routine, supportive,  
meal time environment makes  
children more likely to try new  
foods and have a positive  
attitude towards food.

Recordings will be sent to those who register.



Registered  
**NDIS**  
Provider



hello@tidsa.com.au