

Portion Sizes

Free Online Workshops

For families with any children under 5

Autumn 2020



HENRY provides healthy lifestyle support to families with at least one child under 5 who are living (or registered with a GP) within the London boroughs of City and Hackney, to enable children to have the best start in life.

Our workshops are designed to equip you with all the skills and strategies you need to help your little one to have a healthy diet, as well as helping to create more positive mealtimes for the whole family.



Join us at HENRY City & Hackney

Our Portion Sizes workshops will take place on the following days:

- **Wed 16th Sept 10-11:30am**
- **Fri 2nd Oct 1-2:30pm**
- **Thurs 15th Oct 10-11:30am**

We will cover:

- What types and how much food we should be feeding our children
- How to measure portion sizes
- Identifying hunger and fullness

- To join the workshop, you only need access to a smart phone or a computer, laptop or tablet.
- A maximum of 6 parents/carers per workshop.
- Opportunity to learn from each other and connect with other families in a safe space.

To register or find out more, please contact us via:

Email: hcsupport@henry.org.uk

Text/phone: 07519 109876

