



Food Sensations® for Children

Program Overview



What is Food Sensations for Children (0–5 years)?

Food Sensations for Children (FSC) is a free community healthy eating and cooking program designed to provide parents and carers with the tools to create a positive eating experience for the whole family. Run over 5 weeks, each 2.5 hour session includes 60 minutes of fun, interactive activities and discussion, 60 minutes of hands-on cooking using quick, tasty, budget friendly recipes, followed by a shared meal with the children.

What do participants learn?

Session	Topic	Education focus (60 minutes)	Cooking focus (60 - 90 minutes)
Week 1	Getting started	<ul style="list-style-type: none"> Getting to know each other What is currently happening with feeding young children Healthy eating for the whole family 	<ul style="list-style-type: none"> Parents cooking meals Children invited to share meal and taste
Week 2	Learning to eat	<ul style="list-style-type: none"> Feeding development stages Introducing solids Types of food and textures 	<ul style="list-style-type: none"> Parents cooking meals Children invited to share meal and taste
Week 3	Family Mealtimes	<ul style="list-style-type: none"> Responsibilities at mealtimes How to make mealtimes less stressful Tools & tips for 'picky eaters' 	<ul style="list-style-type: none"> Parents cooking meals Children invited to share meal and taste
Week 4	Food on the move	<ul style="list-style-type: none"> How to take food outside the home How to read food labels Food safety and storage 	<ul style="list-style-type: none"> Parents cooking meals Children invited to share meal and taste
Week 5	Feeding the family	<ul style="list-style-type: none"> Meal planning Budgeting Shopping Smart 	<ul style="list-style-type: none"> Parents cooking meals Children invited to share meal and taste

Who can attend Food Sensations for Children (0–5 years)?

Parents (mums and dads), carers, and grandparents of at least one child aged 0–5 years of age.

Do participants need to attend every session?

Yes! Evidence shows programs that take the time to build trust and rapport with participants and reinforce knowledge and skills over a number of weeks, are more likely to result in behaviour change and positive outcomes for participants.

Do children participate in the education and cooking?

Children will be cared for in the crèche during the education and cooking component and will be invited to join their parents for the shared meal in the last 20 minutes of each session.

What do participants receive?

- Recipe booklets with easy, step-by-step, low-cost recipes for the whole family.
- Let's Feed the Family comprehensive education book.
- Kid's healthy eating plate.
- Certification of Completion at the end of the program.

Online option via Zoom

Parents can participant in our fully interactive online program from the comfort of their own home. Delivered over **4 weeks**, the education content is covered over **90 minutes** via Zoom. Participants are sent a pack of resources at the completion of the program.

To find out more, please email [Michelle McIntosh](mailto:Michelle.McIntosh) or call (08) 9463 3230.

