



# RESOURCES



**Food a fact for life-** [www.foodafactforlife.org](http://www.foodafactforlife.org)

These have some great downloadable resources and some useful information on how to help children with SEN needs.

**Family-action.org** are great for support with healthy eating specifically for autistic children.

**Zoe.com-** Is nutritional information for adults, great to gain more knowledge and to recommend to parents. The information comes from the newest research in nutritional science studied by the top scientists and nutritionists in the country. They also have really insightful podcasts you can find on spotify.

**<https://www.sustainweb.org/childrens-food-campaign/>**

This is the fantastic campaign I work with. They have great information and report on latest findings and updates relating to children's food and health. You can also download our manifesto here.

If there are specific resources or information you need, or have any questions please don't hesitate to contact me. [Foodmoodeducation@gmail.com](mailto:Foodmoodeducation@gmail.com)- [Linkedin](#)- Lauren Morley