

Understand the Link Between Food & Mood to Inspire Your Healthy Lifestyles Delivery - Lauren Morley - 12:00-12:30

HAPpy Providers - have you observed the Food - Mood link in your settings? Can you share your experience... what was the impact?

Really good presentation, we work really hard to make our food as good as possible but on camp we kind of need the kids to eat and a lot of them are fussy eaters

There is always a balance specially with young people with SEND from our experience

It would be great to have some practical tools from Lauren if HAPpy is recommission...we do a lot with food but I think going through some of the practical difficulties with her would be worthwhile