

FOOD FOREST

Growing confidence with food,
one leaf at a time.

GROWN-UP JOBS



I decide
what food is offered.



I decide
when meals happen.



I decide
where meals happen.



I offer safe
foods and
new foods.



I stay calm,
positive and
encouraging.

FOOD EXPLORER JOBS



I decide
whether to eat.



I decide
how much to eat.



I explore foods.



I listen to
my body.



I learn at my
own pace.

EVERY LEAF COUNTS!

Trying new foods
helps our forest grow
strong and healthy.

THE EXPLORER PATH – There are many ways to explore food!



LOOK

I can look
at it.



TOUCH

I can touch
it.



SMELL

I can smell
it.



LICK

I can lick
it.



TASTE

I can taste
it.



EAT

I can eat
it.

VARIETY BEFORE QUANTITY

Lots of different foods
make a healthy forest.

WHAT COUNTS AS PROGRESS?

Every step helps our forest grow!



WHAT WE DON'T DO

These can stop our forest from growing.



THE FOOD FOREST PHILOSOPHY

Our goal is not to make children eat more food.
Our goal is to help children feel comfortable exploring more different foods.

It's normal for children to need to look, touch, smell and lick before they are ready to eat. Patience, repetition and low pressure help our forest grow.

You are the guide. Your child is the explorer.
Together, you grow the food forest.



NEED MORE HELP?

We're here to support your family's food journey.

- Feeding Therapy
- Speech Pathology
- Occupational Therapy
- Physiotherapy
- Music Therapy
- Counselling
- Behaviour Support



← Scan me!

Find resources,
Food Forest Trees
and more!