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Press Release

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Lets get healthy!

Ashby Castle Day Nursery and Marlborough Day are supporting their children in making healthy eating choices and also educating parents too! During the month of June there will be a vast range of activities including growing and preparing vegetables, exploring food stories such as "Oliver Vegetables", art activities, smoothie making,.....The parents are all to be presented with a pack to include a nursery cookery book, advice on children's diet and an invitation to a talk and question and answer session from a Paediatric Dietician. Free keep fit sessions are being held for parents and children.

Mrs Hodgson the owner says it is really important that the healthy living message is given to the children as early as possible in an informative and fun way.