

Eat Well, Feel Well!

AWARENESS CAMPAIGN

Advice and tips on various topics centred around eating well for our mental and physical health:

- Does what we eat affect our mood?
- How healthy is your relationship with food?
- Eating on a budget
- How does Body Image impact children?
- Anxiety, ADHD and children's eating
- Eating Disorders and where to get support



Scan the QR Code to find out more



Or visit:
suffolk.gov.uk/eatwell