



This week I've had the absolute pleasure of visiting all of the Nebula Federation schools and delivering the very first Food Explorers assemblies. I loved meeting the children, their enthusiasm and excitement when we talked about great foods was awesome. I loved getting to introduce the **NOURISH framework**, which is all about looking at how the foods we eat can help us grow, develop and thrive.

In our assembly we focused on the “**One Small Step**” element—showing how little changes can make a big difference. One idea we explored was swapping our usual tubes and pots of yoghurt (which contain around 1 tsp of sugar) for thick Greek yoghurt with fresh fruit. This simple change packs in the protein and fibre to lunchboxes, helping children stay awake, feel fuller for longer, and keep their brains focused throughout the school day. This takes our regular yoghurt from just a snack (with calcium) to a nourishing part of lunch.



Want to hear more and ask questions? Join me live in the [Nebula Food Explorers](#) at 6pm tonight to learn more about what we talked about in assembly and easy ideas to try this week.

— Food Explorer Caz