

Parent/Guardian Message Template for ECEC centre:

Dear Parent/Guardian,

[You may add a greeting from your ECEC centre and kitchen here.]

Early childhood education and care (ECEC) meals provide your child with important nutrients and energy for the day. A balanced meal helps children stay focused, learn and feel well throughout the day. More and more children are selective eaters or do not eat enough. Only a meal that is eaten can nourish a child. That is why it is important for both home and the ECEC centre to encourage healthy eating habits.

We warmly welcome you to the **National Online Parents' Evening on Wednesday, 9 September, at 6:00 pm: School and ECEC Meals Are Here for Your Child – What If Your Child Doesn't Eat?**

The live webinar will be held in **Finnish**. By registering, you will also receive access to the **recording with English subtitles**.

Register here: <https://www.lyyti.fi/reg/koko-suomen-vanhempainilta>

Our ECEC centre is participating in the national **Olen lastasi varten** ("I'm Here for Your Child") campaign, which aims to promote positive and constructive conversations about meals in early childhood education and care.

Campaign website: lastasivarten.fi (*in Finnish*)

The campaign is coordinated by Finnish Society for Food Education Ruukku, Finnish Heart Association and Savonia University of Applied Sciences. The project is funded by the Finnish Ministry of Social Affairs and Health.

[ECEC centre signature]