

Sophie



Sophie's
LEGACY

BETTER CHILDREN'S

HOSPITAL FOOD 

FOR HEALTH & EMOTIONAL WELLBEING



CREATING CHANGE

Improve
FOOD 
WEEKEND 
play specialist
100 claires
NOW Needed

Sophie aka the best girl



Childrens food

- Portion size for the age group
- Taste buds of this generation
- Meal times
- Grazing
- Menus by the bed
- Choice and variety
- Making it fun
- Parents eating with their children



Sophie's Legacy

Get in touch and follow our progress

- www.Sophieslegacy.co.uk
- Facebook – Sophie's Legacy
- Instagram – Sophies_Legacy
- Twitter – Sophieslegacy10
- Tiktok – Sophies_legacy
- Charity number 1198979