

Mandy Sacher launches The Wholesome Child Academy to help Parents Nourish their Children and Set them up for a Healthy Life

With one in four Australian children overweight or obese*, forming positive eating preferences and behaviours in childhood is a priority for Paediatric Nutritionist and Bestselling author, Mandy Sacher.

After launching the Nourish Program to revolutionise nutritional offerings in child care facilities, Sacher is fulfilling her vision to impact childhood nutrition in the key site where food preferences and eating behaviours are formed – the home.

“It takes a village to feed children right – and this starts with parents, but extends to grandparents, child care facilities and friends. With some simple adjustments and by being better informed, we can make a big impact to our children’s long term health outcomes,” says Sacher.

The Wholesome Child Academy courses are geared to help time-poor parents with key nutrition milestones and challenges including Starting Solids the Wholesome Way, Fussy Eating Strategies & Solutions, Boosting Immunity and Wholesome Shopping. While Starting Solids and Fussy Eating are Sacher’s sweet spots, she’s had overwhelming demand from her followers for support on how to shop better with weekly staples at the grocery store and how to boost health and immunity as we enter winter in the context of a pandemic.

While Sacher focuses on the child, advice and recipes are relevant to the whole family. For the first time, parents can access Sacher’s expert guidance as a highly experienced Paediatric Nutritionist internationally, from the comfort of their homes.

Underpinned by the 8 step methodology first shared in Sacher’s debut Wholesome Child Nutrition Guide and Cookbook, the courses provide succinct insights with practical step-by-step advice, sharing tried and tested strategies and recipes that have brought success to the thousands of families she’s touched through her clinic, workshops and book.

In addition to a series of detailed lessons which you can navigate at your own pace, each course includes supporting resources such as customisable meal plans, a smart recipe tool where you can swap ingredients and scale serving sizes as well as an automated shopping list to save time.

“As families have a renewed focus on health and wellness, and more opportunities for family meals at home with reduced commute times and in some cases more days working from home, the time to invest in how we feed our families and establish preference for healthy, immune boosting foods and recipes is now.” according to Sacher.

*Australian Government – Australian Institute of Health and Welfare

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