

LIMITED PLACES AVAILABLE - BOOKINGS ARE ESSENTIAL!



RECLAIM THE LUNCHBOX: HEALTHY EATING AT SCHOOLS



Want to know more about lunchboxes and healthy eating for children?



Sign up for one of our workshops and learn how to prepare quick, healthy and delicious lunchboxes!



Provided by



Supported by



Health
South Eastern Sydney
Local Health District

2h workshop includes:

- Seminar on children's nutrition
- Lunchbox checklist and ideas
- Understanding food labels and the HSR (Health Star Rating)
- Cooking demonstration of 3 lunchboxes

