

Packed with Goodness – Healthy Lunch Boxes



Packed with **Goodness.**

Packing a healthy lunchbox fuels kids for their best possible day at school and helps form healthy habits.

Come along to this session to learn about:

- the importance of fruit and vegies for kids
- tips for packing a healthy lunchbox
- healthy alternatives to pre-packaged snacks
- label reading
- the best drink choices for kids

Each parent will receive a free resource kit to take home, packed with information and goodies to get started.

Date: Monday 17 February 2020

Time: 9.30am to 11.00am

Venue: Child and Parent Centre Gosnells, 173 Hicks St Gosnells (access from Clara St)

To register: Call 9398 8720 or **Email:** CPCGosnells@centrecare.com.au

**Crèche Available
Bookings Essential**

Delivered by: