

healthy school lunchboxes made easy



Do you constantly wonder what to pack for your kids' school lunches? Or whether it's healthy enough?



The **From the Word Grow Project** invites you to a seminar about how to easily put together a healthy lunchbox for your kids.

Learn about the key foods that are good to pack, some ideas for healthy options to include them, and find out whether that favourite packaged snack is a healthy option too.

To register, scan the **QR code** or visit eventbrite.com.au/e/healthy-school-lunchboxes-made-easy-tickets-332475482117



When and where:



Monday, 16 May or Monday, 6 June
1:00pm to 2:30pm



Multipurpose Room
Glenroy Library at the Glenroy Hub
Wheatsheaf Rd, Glenroy, 3046

Presenter:



Sujata Joshi, cohealth
Accredited Practicing Dietitian