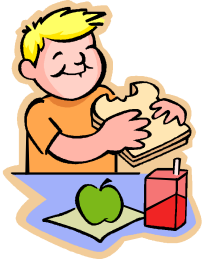


Stuck for ideas for your child's lunches and snacks?
 Confused about what foods to choose?
 Want to find out more about children's nutrition?



Nutrition Australia and the City of Melbourne are pleased to invite parents and carers to attend a **FREE** workshop:



Reclaim the Lunchbox

The workshop will cover

- Nutrition for children
- Practical ideas for lunches and snacks
- Label reading – how to choose healthy snack foods
- How to promote positive eating for children

Every attendee will receive a colourful recipe book by Dairy Australia and Nutrition Australia!



Attend to be in with a chance to win a lucky door prize!

Date	Time	Location
Tuesday, 17 August 2010	2:00–3:00pm	North Melbourne Community Centre (Community Hall), 49-53 Buncle Street, North Melbourne
Wednesday, 18 August 2010	5:00–6:00pm	South Yarra Senior Citizens Centre , 65 Toorak Road West, South Yarra
Thursday, 26 August 2010	1:30–2:30pm	Kensington Maternal & Child Health Centre (Community Room), 81a Altona Street, Kensington
Thursday, 26 August 2010	5:00–6:00pm	North Melbourne Primary School (The Library), 210 Errol Street, North Melbourne
Wednesday, 1 September 2010	6:30–7:30pm	Carlton Family Resource Centre (Community Room), 216 Rathdowne Street, Carlton

Arrive 15 minutes prior to start. Light refreshments will be provided.



RSVP to Amber Drake
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