



Healthy Eating for Families is coming to Mortdale in 2021



A SIX WEEK GROUP

Monday 15 February to
Monday 22 March 2021

11.00am – 12.30pm

Mortdale Community Centre
2b - 2c Boundary Road Mortdale
\$40 for 6 week term



Come along and meet other parents and children and learn about healthy eating for your family. Discuss food and nutrition with a dietitian.

Learn practical ways to encourage your children to eat well. Share your experiences and learn from others.



Topics to be covered include:

- ♥ Healthy eating for children
- ♥ How to deal with fussy eaters
- ♥ Healthy snack and drinks
- ♥ Healthy lunchbox
- ♥ Encouraging new foods
- ♥ Eating more fruit and vegetables
- ♥ Reading food labels
- ♥ Quick and easy family meals

TO ENROL CALL MAREE AT
JUBILEE COMMUNITY SERVICES
Monday to Friday: 9.00am - 4.00pm
Phone: 9579 6322

Email: communityworker@jubileecs.org.au



This group will be facilitated by an Accredited Practising Dietitian who has a lot of experience with children's nutrition

