

Put the FUN back into family mealtimes with **FOOD SENSATIONS® FOR PARENTS**



Thursdays
June 3, 10, 17, 24
& July 1
12:00pm - 2:30pm



Woodlupine
Family Centre
88 Hale Rd, Forrestfield

Are you a parent or carer of a child aged 0-5 years?

Join Foodbank WA's university qualified nutritionists for a FREE fun, interactive healthy eating and cooking program



To book
call 9359 1155
or email
woodlupine-fc@bigpond.com

Over 5 sessions, you will learn:

- Healthy eating for children aged 0-5 years
- Tips for making mealtimes enjoyable
- Lunchboxes, label reading and food safety
- Feeding the family on a budget
- Quick, easy, delicious, low cost recipes

● LEARN ● COOK ● EAT

FREE
Creche available
Bookings required

