

## **REAL FOOD LUNCHBOXES – Workshop for SGPS Parents & Carers**

Looking for some lunch box inspiration?

Join me in my upcoming presentation and I'll show you how to make some simple food swaps and delicious lunchbox snacks that the whole family will enjoy.

Hi, I'm Peta, qualified Nutrition consultant, wife, and mother of three beautiful kids. I decided to follow my passion for nutrition and wholefood and created Whole Health Habits to empower my community to make healthier choices, get back to real foods and create new eating habits with simple, nutritious recipes.

In my presentation I will show you how to make some simple food swaps, and include whole food into your children's lunchbox! Delicious samples and recipes will also be included, details are below.

When: Monday 3<sup>rd</sup> March from 9am

Where: Spring Gully PS (staff room)

Please register interest via email: [petacomfort@gmail.com](mailto:petacomfort@gmail.com)

