



Nutrition and Healthy Eating for Children



Arabic speaking families with children aged 3-5 years are invited to join us for a free online session about healthy eating for young children. The session will include up to date information on Australian Dietary Guidelines for healthy eating and how to make culturally informed, healthy food choices for kindergarten/school lunches, and practical ideas to involve children in choosing and preparing healthy packed lunches/snacks. There will be time for questions, and resources for you to use at home. This session is being delivered in partnership with the Multicultural Centre for Women's Health.

The session will be presented in Arabic with both English and Arabic translation in the Power Point presentation.

Monday 16 May, 2022, 10 - 11.30am

Braybrook Community Hub, 107 - 139 Churchill Ave, Braybrook

Bookings: nutrition16may.eventbrite.com.au

For more information, contact Early Years on 9688 0211,
or via infoearlyyears@maribyrnong.vic.gov.au

