

# Packed with Goodness – Healthy Lunch Boxes



Packed with **Goodness**.

Packing a healthy lunchbox fuels kids for their best possible day at school and helps form healthy habits.

Come along to this session to learn about:

- the importance of fruit and vegies for kids
- tips for packing a healthy lunchbox
- healthy alternatives to pre-packaged snacks
- label reading
- the best drink choices for kids

Each parent will receive a free resource kit to take home, packed with information and goodies to get started.

**Date:** Monday 17 February 2020

**Time:** 9.30am to 11.00am

**Venue:** Child and Parent Centre Gosnells, 173 Hicks St Gosnells (access from Clara St)

**To register:** Call 9398 8720 or **Email:** [CPCGosnells@centrecare.com.au](mailto:CPCGosnells@centrecare.com.au)

**Crèche Available  
Bookings Essential**

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