

AFTER SCHOOL COOKING CLASSES

- 4-week Nutrition and Cooking program for kids.
- Only 30% of kids are taught about nutrition at school.
- Let us fill that gap and help develop a healthy relationship with your children and food.
- Every Tuesday between 4-5pm
- Run by Dietitians so healthy rebates apply
- For kids aged 6-16 \$195.00 per child

On the menu...

- Buttermilk pancakes with fresh berries
- Granola parfaits with yoghurt and fruit
- Salmon and sun dried tomato fritters
- Wild rice salad with corn and fresh herbs
- Lemon and EVOO vinaigrette
- Pesto pasta with cherry tomatoes
- Fish and Chips – the healthy way
- Plus lots more...



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**LEADING
NUTRITION
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