



How to Pack a Healthy Lunchbox Webinar Series

Sydney Local Health District together with Nutrition Australia NSW are bringing you a FREE two-part webinar series on packing a healthy lunchbox.

SCAN ME



Topics Covered

- healthy eating information
- how to pack a healthy lunchbox
- healthy swaps
- lunchbox examples
- sustainability
- food labelling
- snacks
- cooking demonstration

When: Tuesday 26 & Wednesday 27 March

Time: 12pm to 1pm each day

Where: Online

 REGISTER NOW



Contact us: SLHD-HCI@health.nsw.gov.au