

RECLAIM THE LUNCHBOX

HEALTHY EATING AT SCHOOLS

**HELPING PARENTS TO GET THE
LUNCHBOX RIGHT FROM DAY ONE!**



Sign up for our 2-hour workshop helping parents

**Get all parents together and clarify what makes a healthy
and fun lunchbox!**



RECLAIM THE LUNCHBOX is available for bookings through **Preschools and Childcare Centres, Primary Schools, P&C Committees, Out-of-School Hour Care, and Councils.**

WORKSHOP INCLUDES:

- **Dietary Guidelines & Portion Sizes for Children**
- **Understanding Food Labels & Picking Healthy Options**
- **Ideas for Affordable, Quick & Healthy Lunchboxes**
- **Strategies for Tackling Fussy Eating**
- **Lunchbox Preparation & Cooking Demonstrations**



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