



Presents:

Our kids, their **health** and creating **nutritious** lunch boxes

Presented by Rebecca Warke

WHEN:

Thursday 4th May

TIME:

2:30pm

WHERE:

**St. Columbus
Primary School**

Rebecca is a Nutrition, Health and Wellness Coach who is passionate about kids nutrition.

Come along and learn about our kids' health and how food choices may affect their behaviour and learning ability.

Learn some tips on creating quick and easy nutritious snacks for your children's lunchboxes.

Bring the kids along to test taste some whole food nutritious snacks!



Omaha Nutrition



Instagram

@omahamum

