

A free online session for parents and carers with children transitioning to primary school in 2022

# HEALTHY LUNCHBOXES AND SNACKS MADE EASY



Healthy lunchboxes and snacks play an important role in helping children to maintain energy and concentration so that they can learn and thrive at school.

**7-8pm**  
**Tuesday**  
**November 9, 2021**

RSVP by 4pm, November 9

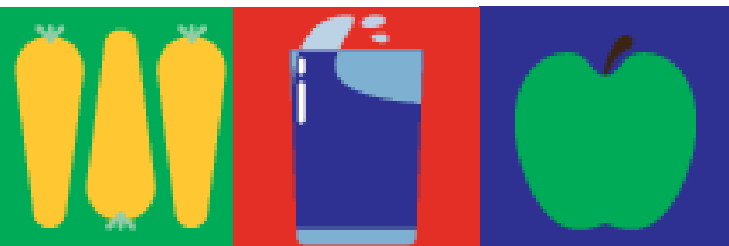
To register visit:

[https://healthy\\_lunchbox.eventbrite.com.au](https://healthy_lunchbox.eventbrite.com.au)

This session will include:

- ✓ What to pack in a healthy lunchbox.
- ✓ Tips to help create lunchboxes that come home empty.
- ✓ Where to access free online resources for healthy lunchbox inspiration.
- ✓ Q&A with a dietitian.

This webinar is supported by Waverley Council and presented by the Health Promotion Service, South Eastern Sydney Local Health District



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