

What will parents do during prep orientation?



Educate and inspire them with a **Lunch-Box Session** Interactive Cooking and Nutrition

Highlights

- ✓ Healthy, quick, easy, rubbish free and appealing to fussy eaters
- ✓ Parents make and eat their own 'mini' lunch
- ✓ Participants design a lunch box (to suit their individual child)
- ✓ Recipes contain nothing artificial and are nut-free
- ✓ Designed by Kate Wengier, dietitian and mother of four
- ✓ Take home information, recipe and ideas sheets

60-75 minute sessions

- ✓ Discussion and cooking demonstration (with audience participation)
- ✓ Interactive meal preparation
- ✓ Question time with the dietitian over coffee, tea and snack (prepared in class)

Equipment required from school

- ✓ Trestle tables
- ✓ Tea and coffee
- ✓ Access to oven (preferred but not required)
- ✓ Kids Unlimited provides all ingredients and cooking equipment
- ✓ Cost from \$475 + gst

These sessions are **VERY POPULAR** please book early; availability is limited.

"I really want to say a big thanks for today - it made quite an impact on me - I kept thinking about what you'd said all day! I couldn't wait to make those muesli cookies... so I did - with Marina and she loved them. Ilana ate half of one that's a big deal for her..."

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