



Bega
Garnbirringu
HEALTH SERVICE



Food Sensations® for Children

Put the fun back into family mealtimes

Are you a parent or carer of a child under 5?

Join Foodbank WA's university qualified nutritionists for a free, hands-on and fun healthy eating and cooking program.

Enjoy getting to know other parents and take home free recipe books, a shopping bag, *Let's Feed the Family* parents' guide and kids healthy eating plate.

LEARN

- » Healthy eating for children aged 0-5 years
- » Tips for making mealtimes less stressful
- » Lunchboxes, label reading and food safety
- » Feeding the family on a budget
- » Quick, easy, delicious, low cost recipes



TIME

9:15am – 12:00pm

Session 1: Mon, May 22

Session 2: Wed, May 24

Session 3: Mon, June 26

Session 4: Wed, June 28



WHERE

**Bega Garnbirringu
Healthy Lifestyle Centre**
21 Boulder Road
KALGOORLIE



REGISTER

Book online @

[parentingconnectionwa.com.au
/event/food-sensations-for-
children-bega/2023-05-22/](https://parentingconnectionwa.com.au/event/food-sensations-for-children-bega/2023-05-22/)

CRECHE PROVIDED

Bookings required