

Healthy School Lunches



Tuesday 2 March, 10.30 - 11.30am
Seville Grove Library

Children need fuel to learn and a healthy lunchbox is the best way to get them on the right track for healthy eating.

Come along and find out exactly what our children need to be eating for good health, plus tips and tricks for lunches that actually get eaten.

Sarah Moore has a Bachelor of Science and a Master of Public Health (Nutrition), both from Curtin University. She is a registered Nutritionist and holds a current membership with the Nutrition Society of Australia.

Places are limited and bookings are essential. Call 9394 5125 or visit library.armadale.wa.gov.au to book your place.

If you are unable to attend after booking please notify the library.

3 / 2021

Armadale Library 9394 5125
Kelmscott Library 9394 5810
Seville Grove Library 9394 5800
library.armadale.wa.gov.au



CITY OF  **Armadale**