

**Back to school!
Free 1 hour
workshop with a
dietitian**

Zoom Workshop

Healthy, happy kids: Lunchbox & Snack Ideas



**Are you looking for some
back-to-school lunch ideas?**



**Do you want healthy,
budget-friendly recipes?**



**Would you like tips from a dietitian on
how to create healthier snacking habits
for your child?**



Additional dates:
- Friday 11th Sept 12-1pm
- Thursday 17th Sept 6-7pm
**No sign up needed! See
details to attend.**

**Includes advice on fussy eating
and portion sizes.**

HSC Public Health
Agency
Project supported by the PHA

HSC Health and
Social Care