

Come & find out about . . .

Healthy Eating

- ☺ Share ideas and talk to other parents
- ☺ Find out more about food labels, sugar content and what makes up a healthy balanced diet
- ☺ Get ideas of healthy meals – including packed lunches



Date: Friday 15th February

Time: 9 – 10

Venue: Conference Room

For more information call
Miss Ruth - 0208 992 3144



Parent Information Series