



FRESH FOOD & FUN

**Education and Tips to Encourage
Healthy Eating**

Facilitated by: Family and Relationship Service
Supported by: SA Community Foodies volunteers

MONDAY 3rd August 10-12:30

Nutrition Basics and Cooking from the Pantry
Includes cooking activity (lunch)

MONDAY 10th August 10-12:30

Healthy lunchbox and snack ideas
Includes cooking activity (lunch)

**SESSIONS are at 80 Oxford Tce
Port Lincoln**

Register your interest: Marie 86827903

caring for country people
 **UnitedCare**
Wesley Country SA

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