

Parents Information Session on healthy Eating



By Food for Fitness



**Tuesday 28th March in the Hall
1.30pm—3pm**

- Looking at the New Eatwell Guide
- The importance of breakfast
- Portion sizes
- Lunch box display with sugar content of foods highlighted
- An informal information session with information to take away on healthier options to keep our children healthy and well

Bring your questions to the session and we will aim to show you healthier alternatives on the Change 4 life website

