



STIR FOOD PRESENTS "Food & Nutrition FREE Workshop:
the importance of a healthy lunch.

The aim of the workshop is to support
parents' **knowledge about food and
specific nutrients** and where to find them to support a
child's cognitive development and growth.

Also provided will be, **meal ideas** on a budget with
simple recipes to make at home.

- When: Friday 3rd
October
- Time: 2pm
- Where: Held in school



To book your place contact the school office.

There will be refreshments and snacks during the workshop.