



Destressing Food for Lunches



Destressing Food for Lunches aims to support parents in preparing lunches and snacks for children at school or kinder.

This program assists parents with:

- Understanding food labels and serving sizes
- Creative ideas for lunches and snacks
- Dealing with fussy eating
- Engaging children in food preparation

developed in conjunction with:



When:

Monday,
15th, 22nd, 29th May,
5th June
1:30pm – 3:00pm

Where:

Laverton Community Hub
95–105 Railway Ave, Laverton VIC
3028

Cost:

Free

Places are limited
Registration essential



Salvation Army Social Housing and Support Network



Funded by the Australian Government
Department of Social Services.
Visit www.dss.gov.au for more information.

To register:

Head to our website: www.capss.org.au
Email us via: capss@aus.salvationarmy.org
Call us on: 9311 9542