

What will parents do during prep orientation?

Educate and inspire them with a **Lunch-Box Session** Interactive Cooking and Nutrition

Help kids shine

- Improve learning outcomes
- Keep kids stay fueled in the afternoon
- Improve behavior

Highlights

- Parents learn the 'what' but more importantly the 'how' and 'why' of packing a lunch boxes
- Great tips for reducing fussy eating
- Time, cost and waste saving ideas
- Participants design a lunch box (to suit their individual child)
- Recipes contain nothing artificial and are nut-free
- Designed by Kate Wengier, dietitian and mother of four
- Take home information, recipe and ideas sheets

45-75 minute sessions

- Discussion and cooking demonstration (with audience participation)
- Interactive meal preparation
- Question time with the dietitian over coffee, tea and snack (prepared in class)

Equipment required from school

- Trestle tables
- Tea and coffee
- Access to oven (preferred but not required)
- Foost provides all ingredients and cooking equipment

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“I really want to say a big thanks for today - it made quite an impact on me - I kept thinking about what you'd said all day! I couldn't wait to make those muesli cookies... so I did - with Marina and she loved them. Ilana ate half of one that's a big deal for her...”

These sessions are **VERY POPULAR** please book early; availability is limited.



FOOST SCHOOL PROGRAMS

- Cooking Incursions for kids
- PD Sessions for Staff & DIY cooking kits

- “Creating Healthy Habits” for staff/parents
- Review canteen and nutrition policies
- Healthy fundraising and school activities

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