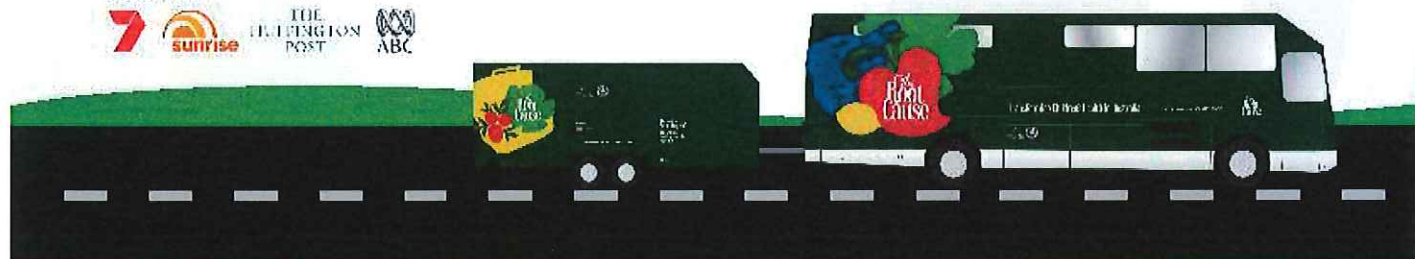


THE BIG GREEN BUS IS COMING

CALIFORNIA GULLY PRIMARY SCHOOL

AS SEEN ON



GET READY FOR THE MAD FOOD SCIENCE PARENT EVENT!

THU 2 NOV — 2:00PM - 3:00PM

Come and learn how to continue the conversation at home with your children about eating healthy food.

You'll also learn how to turn your child's lunchbox into a healthy feast that will give their brains and bodies the nutrients and energy they need.

WHEREVER YOU ARE AT IS TOTALLY PERFECT!

At this seminar, there will be something for everyone, with no judgement, regardless of where you are on your health journey.

What will be covered:

- The key messages from The Mad Food Science™ Program
- Why healthy lunchbox food is so important
- About additives and preservatives
- How to understand food labels
- What to do if you're short on time
- How to deal with fussy eaters
- How to overcome lunchbox stress
- What to pack in a healthy lunchbox
- How to ensure your kids LOVE their lunch



*"Very inspiring work from
The Root Cause team!"*

- JAMIE OLIVER



Bel Smith is a Health Coach, a Jamie Oliver Food Revolution Ambassador, and a mum on a mission to Transform Children's Health in Australia, One Lunchbox at a Time.

FREE INFORMATION SESSION
THURSDAY 2 NOVEMBER @ 2PM - 3PM

