



# **SUNDAY AUG 25** **QUICK** **NUTRITIOUS** **MEALS FOR** **BUSY PEOPLE**

**SIMPLE, AFFORDABLE, FAMILY FRIENDLY**



nutrition  
at home



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## **PACKED WITH INFORMATION**

- ✓ **MINIMAL FUSS**
- ✓ **SEASONAL EATING**
- ✓ **RECIPES YOU CAN  
SAMPLE**
- ✓ **APPROPRIATE  
PORTIONS**
- ✓ **LUNCH BOX IDEAS**
- ✓ **MENU PLANNING**
- ✓ **RECIPES FOR THE  
WHOLE FAMILY**
- ✓ **TIPS TO SAVE YOU  
TIME AND MONEY**
  - ✓ **PANTRY  
ESSENTIALS**
  - ✓ **FUN AND  
INTERACTIVE**

### **NUTRITION@HOME**

**Sally Pattison:**  
Naturopath, Nutritionist,  
Herbalist, Remedial  
Therapist

**Jody Vassallo:**  
Home Economist, Recipe  
Writer, Food Stylist and  
Yoga teacher

Bangalow  
Aug 25, 2-4pm  
\$80 per person