



SUNDAY AUG 11 QUICK NUTRITIOUS MEALS FOR TODDLERS

SIMPLE, AFFORDABLE, FAMILY FRIENDLY



nutrition
at home

Contact: info@sallypattison.com or Jody: 0414 559 889

PACKED WITH INFORMATION

- ✓ MINIMAL FUSS
- ✓ SEASONAL EATING
- ✓ RECIPES YOU CAN SAMPLE
- ✓ AGE APPROPRIATE PORTIONS
- ✓ LUNCH BOX IDEAS
- ✓ SIMPLE FIRST AID WITH FOOD
- ✓ RECIPES FOR THE WHOLE FAMILY
- ✓ ANSWERS TO COMMON QUESTIONS
- ✓ FUN AND INTERACTIVE

NUTRITION@HOME

Sally Pattison:
Naturopath, Nutritionist,
Herbalist, Remedial
Therapist

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

RSL Hall, Bangalow

Aug 11, 2-4pm

\$80 per person