

Child and Parent Centre – Gosnells

Food Sensations[®] for Parents



Bookings Essential
Crèche available

Come along to 'Food Sensations for Parents' for a FREE hands-on nutrition and cooking experience for parents of children 0-5 years.

Over five sessions, you will learn about a variety of nutrition topics and how to cook some easy, tasty recipes.

Topics include:

- Healthy eating for children aged 0-5 years
- Tips for making mealtimes enjoyable
- Lunchboxes, label reading and food safety
- Feeding the family on a budget
- Quick, easy, delicious, low-cost recipes

Limited places available.

When: Monday 26 July, 2, 9, 16 and 23 August 2021 (Five session program)

Time: 12.00pm to 2.30pm

Venue: Child and Parent Centre – Gosnells
173 Hicks Street, Gosnells (access from Clara Street)

Phone: 9398 8720

Email: CPCGosnells@centrecare.com.au

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