

# **Community Conversations**

**@ St Marks, Avonhead**

Presents;

**Helen Potter and**

**Mikaela Battaerd from**

# **The Nutrition Room**

**What to feed my child?**

**Raising Healthy Eaters**

- How children approach food, how to tackle fussy eaters, tips and strategies.
- Interactive discussion about food label reading
- Snack and lunch ideas
- Question and Answer Session

Check out 'The Nutrition Room' on Facebook

**150 Withells Rd**

**Monday 20<sup>th</sup> March 2017**

**7.30pm - \$10 per person**

***Join us after for Supper.***



Community  
Conversations  
at St Marks.

**For Bookings;**

E-mail – [stmarks.communityconversations@gmail.com](mailto:stmarks.communityconversations@gmail.com)

Ph – 358 5443 (9-12 weekdays)