

# Thinking outside of the box



Join us for this free information and cooking session and learn about:

- Snacks from scratch
- Healthy lunch box ideas
- Food label reading
- Where to find great recipe inspiration

**PLUS** Enjoy learning and tasting some quick and easy 'no bake' healthy snacks that you can take away with you.

**Date:** Tuesday 7 May

**Time:** 9:30am – 11:30am

**Where:** Brockman Community House

**RSVP** to secure your spot by contacting Brockman Community House on 9279 1588 or [admin@brockmanhouse.net](mailto:admin@brockmanhouse.net)

