

# Festive Food Workshops

Fun interactive workshops that will help you save holiday food dollars and make informed decisions about healthy food swaps during the festive season.

**4pm - 5pm | Friday 7 December 2018**  
**Warnbro Community Recreation Centre**  
Okehampton Road, Warnbro

## **Workshop One:**

*Suitable for parents/adults*

An overview on the nutritional needs of children, the cost of festive foods and how you can make healthy food swaps during the Festive season.

## **Workshop Two:**

*Suitable for children aged 5-11 years*

The importance of the five food groups and allow everyone to make up their own healthy Christmas snack for afternoon tea!

*\*Please note both workshops will be running simultaneously and have limited places available.*

For registrations please contact the City on **9528 0333** or email  
**[customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au)**

**Free event**



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