

FREE 6-week Nutrition Course with a Registered Dietitian

Downside Primary School, Family room

Our Paediatric Dietitian, Selina, will be giving advice and support for **you and your family** on:



Week 1 – Wed 11th Oct at 9am
Nutrition in balance and Weight Management

Week 2 – Tues 14th Nov at 9am
Snack ideas & Caring for your Teeth

Week 3 – Tues 21st Nov at 9am
**Feed your Family for under £5
(Eating on a Budget)**



Week 4 – Tues 28th Nov at 9am
**Breakfast choices and
How to read Food Labels**



Week 5 – Tues 5th Dec at 9am
Quick & healthy Lunch and Packed Lunch ideas

Week 6 – Tues 12th Dec at 9am
Fussy Eating

Free resources for you to take away after you attend each session!

To **book your place** onto this course, please contact the school.