



Healthy Packed Lunch Workshop

- Bored making the same packed lunch/snacks every day?
- Lost for ideas?

Look no further! We are holding a workshop on Thursday 8th February at 9am in the hall where you will be able to take part in preparing a healthy balanced packed lunch that your children will love. The workshop will be delivered by a nutritionist at Manchester Fayre.

We are giving every parent and carer that attends the workshop one free raffle ticket to win a SMIGGLE LUNCHBOX. Two lunchboxes are up for grabs and the draws will take place at the end of the workshop.

Yours Sincerely,

Miss Fallon

Healthy Schools Co-ordinator

I can attend the Parent Workshop 8th February 9am.

Name of child: _____

Name of parent: _____