

# Regional Nutrition Information Sessions - July

## Healthy Happy Kids: Lunchbox & Snack Ideas



This session is for anyone looking for healthy lunch & snacks ideas for children during the school holidays.

Register using the link below

Link:

<https://tinyurl.com/lunches-July>

Tue 6th July  
10.30-11.30am

Thur 8th  
July  
10-11am



## Healthy Happy Kids: Introduction to Solids

Perfect for parents who are thinking about or have recently started introducing solids to their baby.

Register using the link below

Link:

<https://tinyurl.com/Intro-solids-July>  
Passcode: 112233

## Top Tips For A Healthier Weight

Learn about healthy eating & lifestyle habits if you are overweight & want to lose weight or if you are hoping to support someone in losing weight. We will discuss portion control, snacking, alcohol & takeaways.

Link:

<https://tinyurl.com/weight-tips-july>

Wed  
21st  
July  
2-3pm



Tue 27th  
July  
1-2pm



## Nutrition Myths

'Busting' the most common myths about diet & health! Find out if certain foods can protect us from COVID-19, if sweeteners really are bad for you and the truth about fad diets.

Register using the link below

Link:

<https://tinyurl.com/myths-July>