



Meet  
other parents  
with children  
starting  
school

# Healthy packed lunch workshop

## Calling all parents and carers...

If you are preparing your child for school in September, and they will be taking a packed lunch, then this workshop is for you!

Come and join our Health Improvement Officer Jacqui, as she shows you what a healthy packed lunch looks like. She will provide practical advice on healthier choices, as well as tips and food ideas.

- Monksfield Way Children's Centre  
Wednesday 21 June, 1-2.30pm T: 01753 578691
- Chalvey Grove Children's Centre  
Thursday 22 June, 9.30-11am T: 01753 574387
- Penn Road Children's Centre  
Wednesday 28 June, 1-2.30pm T: 01753 574420
- Romsey Close Children's Centre  
Friday 30 June, 9.30-11am T: 01753 540797

Please contact the Children's Centre listed to book your place.

Pre-booking is required