



nom!

Tasty learning for life

nom! Children



Put the fun back into mealtimes

Are you a parent or carer of a child (0-5 years)?

The first five years of our children’s lives are vital for developing healthy eating habits and building strong, healthy bodies and minds.

Gain the confidence to cook healthy meals on a budget the family will love.

We’ve been delivering this program for years now and one thing we’ve come to learn is that every family is different – but we can help you to support your children to become confident, healthy eaters.

Why nom!

- » Healthy eating for infants and children
- » Tips for making mealtimes less stressful
- » Lunchboxes, label reading and food safety tips
- » Enjoy getting to know other parents
- » Take home free recipe books, shopping bag, *Let’s Feed the Family* parent guide and a kids healthy eating plate.
- » Facilitated by university qualified nutritionists

When

11:15am – 2pm

Week 1: Thursday 27th August

Week 2: Thursday 3rd September

Week 3: Thursday 10th September

Week 4: Thursday 17th September

Week 5: Thursday 24th September

Where

Yangebup Family Centre
11 Dunraven Drive, Yangebup

Register

Register online at nom.org.au



Creche available

Bookings essential
contact (08) 9411 3589

healthycockburn@cockburn.wa.gov.au



nom.org.au

