Come to our FREE Fruit & Veg Sense Workshop

Date: Wednesday, 16 March 2016
Time: 1:20pm until 2:50pm
Venue: Chester Hill Public School- Community Hub

Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This **free workshop** run by Cancer Council NSW will show you how you can easily:

- Save time and money making healthy meals
- Learn clever ways to entice fussy eaters
- Get a free recipe book simply by attending

Don’t miss out 15 spots available only – registration is essential. To book your place please register no later than 14/03/16 by completing the slip below and returning to the school office.

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**Fruit and Veg Sense Parent Workshop**

Parent Name ____________________________________________

Parent Number _______________________________________

Student Name & Class _________________________________