



# The Children's Kitchen Lunchbox Ideas

Our **Healthy Lunchbox Parents' Sessions** are a time to share ideas, learn new skills, and make some food to take home.

We focus on simple lunch ideas that the family will love based on our recipe booklets. You will get a free booklet and spice kit if you attend the sessions.

Where: **The Vassall Centre, Gill Avenue, Fishponds, BS16 2QQ**

When: **Wednesday 28<sup>th</sup> February 12.30-2pm**

**Wednesday 27<sup>th</sup> March 12.30-2pm**

These workshops are for parents/carers only whilst your children enjoy their nursery session.

**Book a place with Karen at reception.**