



KIDS HEALTHY XMAS COOKING CLASSES

Xmas is a crazy time that often sees lots of high sugar treats handed out in schools and shops and by family and friends.

Send your kids to us so they can learn how to cook and eat healthy food that will be enjoyed by everyone.

On the menu:

- Cranberry Cupcakes (*Veg*)
- Choc Orange Bliss Balls (*GF, LF, V, Veg*)
- Santa Fruit Kebabs (*LF, Veg*)
- Xmas Pizza Scrolls (*LF*)

Call us today to secure your place (08) 9385 7755 or book
online

**NUTRITION
FORCE**

LEADING
NUTRITION
EDUCATORS

**3 Hours of fun in
the Holidays**

Hands on Cooking

**Low sugar Xmas
treats**

For kids aged 7-16

\$75.00

**Mon 18th Dec or
Wed 20th Dec
9.30 - 12.30**

**NUTRITION
FORCE**

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