



**The simplest way**  
to improve the health of your family and save money




## Come to our FREE Healthy Lunch Box Session

**Date:** Monday, 9th February

**Time:** 9:00-9:45am

**Venue:** Riverstone Public School

Eating enough fruit and veg every day can help protect your kids against diseases including some forms of cancer. This popular session run by Cancer Council NSW as part of the *Eat It To Beat It* program will give you:

-  New and exciting ideas for healthy lunch boxes your kids will love
-  A Show Bag including a great healthy lunch box kit and planner
-  Simple ways to get the whole family eating enough fruit & veg

**Don't miss out** - registration is essential. Register no later than **4/2/15**.



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**Complete and return this slip to the school front office.**

**Your name:**  
**Your contact number or email:**

During 2015 we will be evaluating Healthy Lunch Box sessions with the help of researchers from the university of Sydney. Participation in the evaluation is completely voluntary.

The *Eat It To Beat It* Program is supported by the Western Sydney Local Health District's Live Life Well at School Program.

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