



CENTRAL BAYSIDE
COMMUNITY HEALTH SERVICES



GUIDED SUPERMARKET SHOPPING TOUR FOR PARENTS

This guided supermarket shopping tour is facilitated by the paediatric dietitian from Central Bayside Community Health Services and is designed to assist with healthy lunchboxes.

Discover practical, hands-on information to make confident, healthy choices for your children. Increase your knowledge on reading food and nutrition labels on products and meet new people!

Day: Wednesday May 15

Time: 10am-11:30am

Location: Woolworths Mordialloc, 600 Main St, Mordialloc (meet at supermarket entrance)

Who: Parents of children any age

Cost: \$10

Bookings essential. Please call 8587 0200 to register.



8587 0200



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