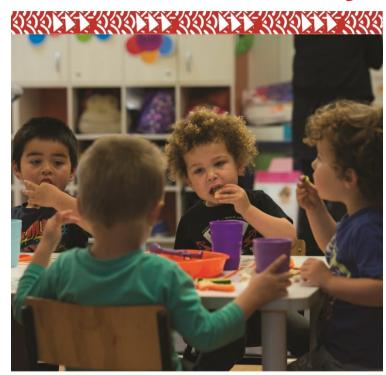
# Pacific community nutrition course









# Nutrition for children under five years old

Two day professional development for early learning service cooks

### You will learn:

- Serving sizes for children
- Fun snack ideas
- Label reading
- Recipe modification
- Menu planning
- Budgeting and smart shopping

#### **Next course**

Where: Auckland

When: November 2<sup>nd</sup> and 9<sup>th</sup>

2:00-6:00pm

Register now:

www.heartfoundation.org.nz/cnc

## For more information email:

info@pacificheart.org.nz

\*enrolment criteria applies

# PACIFIC HEARTBEAT NUTRITION COURSES

**Register by:** 2<sup>nd</sup> October to secure

your place\*

Cost: \$30 for two

days

**REGISTER NOW**