

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 2nd and 9th
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: 2nd
October to secure
your place*
Cost: \$30 for two
days

REGISTER NOW