



CENTRAL COAST  
MUNCH & MOVE NETWORK

## Munch learning experiences

### Vegetable garden workshop for child care directors and educators

Vegetable gardens help promote the healthy eating message and educate children where their food comes from.

Parklands Community Preschool, along with Bunnings West Gosford and Kariong Eco Garden are running a workshop to help your service:

- kick-start or reinvigorate your vegetable garden
- cook with food from your garden
- start, or continue using worm farms
- introduce using bush tucker

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**Tuesday 19th September**

**6.00pm - 8.00pm**

**Parklands Community Pre-school, Kariong**

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This is a workshop not to be missed! Book now!

Limited places, up to 2 educators per service can attend.

Light refreshments provided. Please advise any special dietary requirements.

RSVP Tuesday 12th September

[Click Here to Book](#)

or email [liesl.greenwood@health.nsw.gov.au](mailto:liesl.greenwood@health.nsw.gov.au)



**Health**  
Central Coast  
Local Health District