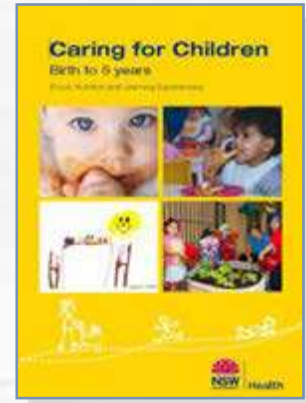




## Healthy Menu Planning Workshops

The **free** *Healthy Menu Planning* 3 hour workshops will be based on the ***Caring for Children: Birth to 5 Years (Food, Nutrition and Learning Experiences)*** resource. The workshops will help early childhood cooks and directors/nominated supervisors to build upon their current practices and increase their skills, knowledge, understanding and resources in relation to nutrition and healthy menu planning.



### Links to the National Quality Framework

*Quality Area 2 - Children's Health and Safety*

*Standard 2.1 (Health)* - Each child's health and physical activity is supported and promoted

*Element 2.1.3 (Safety)* - Healthy eating and physical activity are promoted and appropriate for each child.

### Gosford

Tuesday 7th May 2019

2pm-5pm

Central Coast Leagues Club  
20 Dane Drive, Gosford.

### Wyong

Thursday 6<sup>th</sup> June

2pm-5pm

Wyong Golf Club  
319 Pacific Hwy, Wyong.

**Limited Places! To Register Now - [Click Here](#)**

Or print and complete the attached registration form and email to the Health Promotion Office: [CCLHD-HealthPromotion@health.nsw.gov.au](mailto:CCLHD-HealthPromotion@health.nsw.gov.au)

**Further information** Central Coast Local Health District 0243209765