



Lunchbox Workshop:

Tips & tricks for healthier lunchboxes

Online | 45 minutes | Q&A

Do you hate trying to decide what to put in the lunchbox each day? Do you feel like you are always getting it wrong? Do you worry about your child's health and nutrition? If so, join this short webinar to learn a few simple tips and tricks that will supercharge your parenting skills and take away that unnecessary stress.

7.30pm Tuesday 19th November



- How much protein?
- Ideas for iron
- Sandwich alternatives
- Fruit sugar - yes or no
- Healthy snacks
- Recipe ideas



Nicky is a nutritionist in Sydney CBD who gives diet advice to men and women over 40. Nicky specialise in children, but she has 4 of her own and often helps stressed out over 40s managing them! Nicky has made 3,140 lunchboxes and has more than 7,000 to go, ensuring she has a vested personal interest in getting lunchboxes right!

Nicky is ex-corporate and switched to nutrition when diet changes helped her to get pregnant with her first child. You can read more about Nicky at www.nickyclarknutrition.com.