

EAT THE RAINBOW

A nutrition workshop for kids

FREE

Join Sammy the Nutritionist in her engaging workshop where kids learn about nutrition in a fun and interactive way.

- Participate in an interactive experiment to explore the wonders of the digestive system
- Explore how the foods we eat impact our mood, how we feel and how we move and play
- Enjoy a dynamic tasting game that encourages exploring a rainbow of foods.

Ages 5-12 years with parents and/or carers



Saturday 19 October



Springfield Central Library



11.00 am – 12.30 pm

BOOK NOW



Saturday 9 November



Rosewood Library



10.00 am – 11.30 am

BOOK NOW



Saturday 23 November



1 Nicholas Street



10.00 am – 11.30 am

BOOK NOW

BOOKINGS REQUIRED

ipswich.qld.gov.au/healthyating