

SEMINAR FOR PARENTS: Food for a happy and calm household



Wednesday 27 February 2013
7:00pm - 9:00pm

Can the food in your child's lunchbox affect their behaviour and health?



Are some of the chemicals put into everyday foods and drinks causing temper tantrums, sleep disturbance and disruptive behaviour in your children?

Join Home Economist and Queensland's Additive Alert Community Talks Presenter **Louise D'Allura** for a fun and informative **2 hour seminar**. You'll learn:

- Which food additives are linked to health, learning and behaviour problems (including asthma and hyperactivity).
- How to read and interpret food labels so you know which additives are worth avoiding.
- How easy it is to shop smarter and still stay sane!

All attendees will receive a handy *Additives to Avoid* card to make shopping simple and Lucky Door Prizes! Australian Best Seller **Additive Alert: Your Guide to Safer Shopping** will be available on the night.



Bookings are essential!

Get your tickets from www.MealPlanningYourWay.com

Questions? Call Louise D'Allura on 0408 723 559 or ask questions via our Facebook page.



www.Facebook.com/MealPlanningYourWay

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**The Glennie Junior School
Assembly Hall**
246a Herries St Toowoomba

Tickets: \$20 each
ONLINE SPECIAL: 3 Tickets for \$49.50

What past attendees have to say:

"This session opens your eyes to becoming a conscious consumer and how you do have a choice! The practical skills and insights that you get from Louise and other attendees made it a very valuable evening. This session and the Additive Alert book will make a big impact on my health, the health of my family, and the children in our care."

**Melissa Bergh, Lead Coordinator, C&K
Northside Family Day Care Scheme Brisbane**

Buy Now

Get Your Tickets from www.MealPlanningYourWay.com