

# SEMINAR FOR PARENTS: The Dirty Dozen: Food Additives to avoid



Tuesday 19 February 2013  
7:00pm - 8:30pm

## Is your child's lunchbox filled with the 'dirty dozen'?



Are the chemicals in everyday 'healthy' foods causing temper tantrums, sleep disturbance and disruptive behaviour in your children?

Discover the 12 worst food additives in this life changing seminar with Home Economist and Queensland's Additive Alert Community Talks Presenter Louise D'Allura.

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

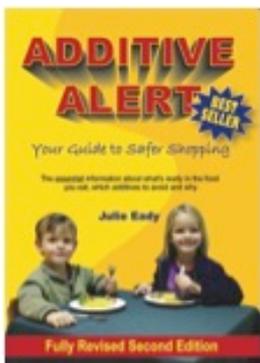
### Bookings are essential!

Get your tickets from [www.MealPlanningYourWay.com](http://www.MealPlanningYourWay.com)

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



[www.Facebook.com/MealPlanningYourWay](http://www.Facebook.com/MealPlanningYourWay)



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**Brothers Leagues Club Ipswich  
Willey Street Raceview**

**Tickets: \$15 each  
ONLINE SPECIAL: 3 Tickets for \$33**

### 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](http://www.MealPlanningYourWay.com)