

# Empowering Your School Community to Eat Well, Feel Good & Look Great!



## School Talks & Cooking Demonstrations *From a Practising Dietitian*

Are you passionate about fostering a **culture of wellbeing and healthy living** within your school?

Looking for **professional development opportunities?**

Adding to HPE, cooking, hospitality or social & community study **curriculums?**

✦ **Expert Insights:** Engage with certified and actively practising dietitians to gain invaluable knowledge on nutrition, fostering a healthier school environment.

✦ **Practical Skills:** Equip your students and staff with hands-on cooking demonstrations, teaching essential culinary skills for a lifetime of healthy choices.

✦ **Tailored Workshops:** Customised sessions to address specific needs

*"Eleni lead our whole school staff on **a food journey** as part of our professional development. She talked about **practical alternatives** for cooking, demonstrated, cooked and shared food with staff to **inspire** them."*

*Eleni was **so knowledgeable** and answered questions across the session all whilst smiling. Thank you Eleni for your time and expertise **it was a fantatsic afternoon and one I would highly recommend**"*

Matthew Beacroft  
Principal, Our Lady of the Angels

# How Can This Benefit Your Staff and Students?

## Learn about Nutrition for:

- 🍏 ADHD/ASD
- 🍏 Improving mental health and focus
- 🍏 Gut Health
- 🍏 Weight management
- 🍏 Mediterranean Diet
- 🍏 Optimising immune health
- 🍏 Wellbeing & preventing chronic diseases

## Practical Tips & Inspirations for:

- 🍏 Lunchboxes for students
- 🍏 Work lunches for staff
- 🍏 Fitting healthy food into busy teaching lifestyles
- 🍏 Dinner meal inspiration
- 🍏 Balanced and energising snacks for on-the-run
- 🍏 Mindful eating, controlling stress related eating
- 🍏 Navigating allergies & intolerances

## Pricing & Packages

### Cooking Demonstration & Masterclass

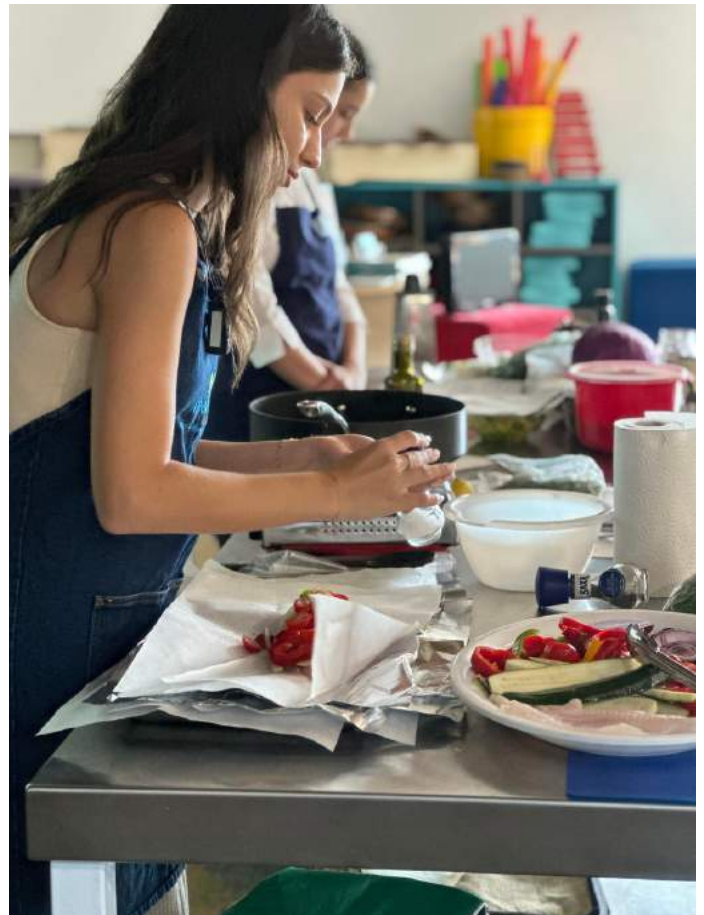
#### What's Included

- Duration: 2 hours
- Presentation customised to your school needs featuring practical tips, tricks and fuelled by the latest scientific evidence.
- Cooking demonstration showcasing 4-5 simple, practical recipes including lunch and dinner ideas.
- Taste testing and sampling for all attendees
- Each attendee will receive e-book with recipes cooked, bonus recipes & nutrition information
- \$55 per person + grocery fee
- Travel fees may apply
- Minimum spend \$2,000

### Masterclass Only

#### What's Included

- Duration: 1 hour
- Presentation customised to your school needs featuring practical tips, tricks and fuelled by the latest scientific evidence.
- \$35 per person
- Travel fees may apply
- Minimum spend \$1,000



**ENQUIRE HERE**