

Food for Thought: Eating well and Sustainably



Food for Thought is a half day workshop that will provide some options around eating well to enhance your wellbeing. Areas that will be discussed include;

- ◇ **Eating sustainably & in an environmentally friendly way**
- ◇ **Places to purchase local food**
- ◇ **Ways to preparing food to maintain it's nutritional value**
- ◇ **Foods that are good value nutritiously and cost wise**
- ◇ **Planning a tasty weekly menu that is based around local, sustainable and budget conscious food choices.**

This is a free workshop that is open anyone who has an interest. Lunch will be provided, so for catering purposes, please phone to book your attendance.

Maleny - Wednesday 23 September, 9.00a.m. to 1:00pm @ Maleny Neighbourhood Centre, 27 Coral Street, Maleny, p 5443 6696

Nambour - Friday 25 September 9.00a.m. to 1:00pm @ Nambour Community Centre, 2 Shearer Street, Nambour, p 5441 4724

Caloundra - Tuesday 29 September, 9.00a.m. to 12:30pm @ Caloundra Community Centre, 78 Buderim Street, Currumundi, p 5491 4511

Mooloolah - Wednesday 7 October, 9.00a.m. to 1:00pm @ Mooloolah Valley Community Association, 43 Bray Rd , Mooloolah Valley, p 5491 7822

The Food for Thought workshop is delivered by students from the School of Health & Sport Sciences, Faculty of Science,

