



Session 1 - 12th May 2016:

Introduction to the Australian Dietary Guidelines + Frittata and Salad

Session 2 - 9th June 2016:

Less salt more flavour + Minestrone Soup, Crunchy Slaw and Spice Taste-testing

Session 3 - 7th July 2016:

Too much of a sweet thing + Sweet and Savoury Muffins

Session 4 - 18th August 2016:

Chewing the fat + Chicken Stirfry and 7 side dishes

Session 5 - 15th September 2016:

Recap + Party Food with a healthy twist

**Your Kingaroy Facilitators are:
Janelle Reeves & Lois Thurecht**

Janelle is available on
0419 861 616

Lois is available on
0407 965 094

- All sessions will take place in the Kingaroy QCWA Branch Hall
- 10am-12pm
- Cost \$50 for the 5 sessions
- Duration: 2 hours
- Meal included every session
- Please wear closed in shoes

