



Sharing stories, finding solutions



KWP presents

Back to school Fuel with Wattleseed Nutrition

Tracy is a Gamilaroi woman, Dietitian/Nutritionist, Beauty Therapist and founder of Wattleseed Nutrition, Health and Wellbeing. Wattleseed Nutrition is a 100% Aboriginal owned business based on Queensland's Sunshine Coast.

This interactive workshop is designed to support parents and guardians, create easy, affordable and quick lunchbox and meal ideas for the whole family to enjoy. Tracy will provide nutritional advice on foods that supports child development, improves focus and keeps children fit and healthy. Tracy will finish with a cooking demonstration of a delicious recipe participants can enjoy making with their children and family, and lots of tips to keep our young ones fuelled well to achieve the great things they are meant to achieve!

Workshop details

When: Thursday 2nd February

Time: 1.00pm - 2.30pm

Registration is a must. We'll share the zoom ID on the day.

KWP workshops are free and open to all Aboriginal women

Places are limited, please register by contacting our Koori Women's Place team on 9244 3333 or kwp@djirra.org.au

1800 105 303

www.djirra.org.au

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