Wholefood Lunchbox Workshop  
With Jude Blereau

Sunday 29 November  
10.30 - 1.30

Jude is a whole and natural foods expert who has been involved with the organic and wholefood industries for over 20 years, teaching and food coaching.

Her focus will be on learning about good food - what it truly is, where to get it and how to use it. She will show you how to make wholesome, nourishing, delicious lunchbox choices and snacks that are quick and easy. Her emphasis will be on seasonal summer foods.

WHERE: Jarrahdale Primary, Wanliss St Jarrahdale  
COST: $30  
BOOK: http://www.eventbrite.com.au  
PHONE: 9525 5157