

Is your child a fussy eater?

Polly Antees an Accredited Practising Dietitian from North West Nutrition will visit to provide practical tips and skills on removing the feud from meal times. An added bonus is making some fantastic vegetable muffins.

Polly has over 15 years experience working with families with children who are fussy eaters. She specialises in food and preservative intolerances and how that may affect behaviour.

Polly runs a clinic in Warialda, once a month on a Monday. Ring North West Nutrition on 67524453 to make an appointment.



Bingara Playgroup 17th November

Playgroup session 9.30 am - 11.30 am FREE

Cooking presentation from 10.30 am

Open to all families in our community

Go home with ideas as cheap as chips to make on a budget

Please contact Tania at the Toy Library for more information on 0407 831313

