

Project LUNCH BOX

with RHN's Julia O'Loughlin and Heidi Seidman

LEARN

Please join Registered Holistic Nutritionists Julia O'Loughlin and Heidi Seidman as they dissect typical lunchbox dilemmas for kids today. Julia and Heidi will go through some of the most common food offenders that we unknowingly feed our kids on a daily basis, and offer up healthier, more nutritious alternatives to pack for your kids' lunch.

LISTEN

As they discuss some of the most important nutrients growing brains and bodies need to thrive, and develop.

LEAVE

With a better understanding of how to read labels, what to look for and how to nutritiously, and deliciously make alternative lunches. Recipes and resources provided.

LOCATION

Vancouver Talmud Torah (multi-purpose room)

Date: Wednesday, May 22nd, 7:00-8:30pm

RSVP to heidi@seidman.com

Cost: \$20 pay at the door (includes e-recipes and resources)



Heidi's main focus is helping families eat healthier, and offers suggestions for nutritious and delicious, easy to prepare meals. Heidi believes that every sprouting body begins with proper nourishment for healthy growth and development.



Julia believes nutrition to be at the core and foundation of health and wellness. I have had the opportunity to work with both adults and children to promote the notion of nutrition being a key component of optimal health.



... making lunch
healthy and fun!