



Vital
Nutrition

Healthy family mealtimes

If you are a working parent, you'll not want to miss this workshop. We have ideas that will help keep your meal planning simple, cut back on washing up and make dinners that even the fussiest member of your family will eat.

Join Vital Nutrition's Jane McClenaghan for plenty of ideas for speedy breakfasts, nourishing lunches and midweek meals the whole family will love.

Join us to discover:

- Simple ideas to maximise the nutrition in your family's diet
- Midweek meal ideas with a healthy twist
- Shortcuts and nutrition hacks to save you time, money and effort
- A fun family challenge that guarantees to get everyone eating better
- Storecupboard essentials to transform your mealtimes

Get in touch

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