

স্বাস্থ্যকর খাওয়ার অভ্যাসে বেড়ে উঠুক শিশু খাবারের সময় হোক স্বাস্থ্যকর ও আনন্দময়

This FREE session is for Bangla speaking parents and carers of children aged 1 to 5

The Growing Healthy Eaters program gives you simple tips to make family mealtimes happier, healthier and less stressful.

In this session, we will cover:

- Healthy eating using foods commonly eaten by Bangladeshi families.
- Simple meal ideas for children.
- Easy tips for happy mealtimes.
- Helping your child grow healthy and strong.



Friday, 31 July 2026



Start: 10:00am

Finish: 11:30am



Integricare

89 Cameron Street, Rockdale NSW 2216



Program delivered in Bangla



For more information contact:

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This session is conducted by the Equity and Prevention Service, South Eastern Sydney Local Health District

Healthy Halal meal

Delivered by Health
Professionals