

बच्चाहरूमा स्वस्थ खाने बानी बसालौं परिवारसँगै खाना खाने समयलाई स्वस्थ र रमाइलो बनाऔं

This FREE session is for Nepali 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 Nepali families.
- Simple meal ideas for children.
- Easy tips for happy mealtimes.
- Helping your child grow healthy and strong.



Friday, 7 August 2026



Start: 10:00am

Finish: 11:30am



Integricare

89 Cameron Street, Rockdale NSW 2216



Program delivered in Nepali



For more information contact:

bdhungel@integricare.org.au or basudha.karki@health.nsw.gov.au

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

Healthy meals

Delivered by Health
Professionals