



# Parent Wellness Initiative

in conjunction with the  
Franklin Parent Council  
invite you to attend

## **BEYOND THE SANDWICH**

How busy families can prepare nutritious,  
budget friendly lunches your child will enjoy.

Presentation by

**Andrea D'Ambrosio**

Registered Dietitian from Dietetic Directions



Wednesday, Oct. 24, 2018

6:15 refreshments and mingling

6:30-7:30 pm - presentation

[Franklin PS \(gymnasium\)](#)

Door Prizes and refreshments will be provided

Please RSVP at: [bit.ly/beyondthesandwich](http://bit.ly/beyondthesandwich) by Oct. 20th, 2018.

If you need to carpool, please contact: [freya\\_hastings@wrdsb.ca](mailto:freya_hastings@wrdsb.ca)