

Kids' School Lunches

Half Eaten?



Duncan Fuller

Ask yourself these questions: Do you want to learn how to cook gourmet style? To save money? To become healthier and spend less money on take aways? To take a cooking class together with your

family at home from a master chef? Do you love food? Are you affected by the price rise of fuel and groceries? Confused with what to buy at the grocery store? Too busy to cook at home? If you answered YES to any of the above, then you need Fuller Tummy!



One of our newly featured programmes is one that the entire family can have fun

with. It's called Fuller Tummy 'LUNCH BOX' - where the kids get involved in the kitchen and learn to be proactive with helping out in preparation and cooking. We encourage them to think about food in a healthy way at an early age to help set them up for the future.

Why should you be the one to decide what to pack in the school lunches when half of it comes home uneaten? Let us guide you step by step and show you healthy eating that's fast, fun and easy! With the Fuller Tummy 'MY MENU' the kids can pick and pack their own lunch. Everyone gets involved in the preparation of the items throughout the week or on the weekend. The key is to make the kitchen a fun place, and if you are organised and prepared, it will not seem daunting or stressful.

www.fullertummy.com.au has life skills tips from Fuller Tummy and Gary Wood of U&ME Personal Fitness Training. **Quote "Enjoy life & have a Fuller Tummy" when enquiring and receive a 10% DISCOUNT off of your first programme! Contact 0423 886698.**

Your Family Can...

Enjoy Better Quality... Save on your Weekly Food Bill

The whole family can learn the art of good food and home economy with International chef Duncan Fuller. For over 16 hours in your own kitchen Duncan will teach you how to make your own pestos, stocks, sauces and soups, recipes for breakfast, lunch and dinner, menu planning - and how to do it all on a budget!



Fuller Tummy www.fullertummy.com.au

To enquire call...
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Enjoy life and have a Fuller Tummy!