



HELLO!

We are Rosa and Margo, also known as Two Raw Sisters. 3 time best selling authors and passionate cooks.

Life Education Trust NZ, 5 + A Day, and Two Raw Sisters are working together to educate tamariki about eating vegetables and fruit as part of a balanced diet. We will be visiting your children's school, plus over 60 other schools around the country, hosting workshops that complement Life Education's Healthy Harold programme. In each workshop, we'll inspire students to get into the kitchen and create tasty dishes with fruit, vegetables and grains.

At night we will be hosting workshops for parents and the public, and we would love for you to come along! In each session we will share our practical, fun approach to food and nutrition, focusing on...

- building you and your child's lunchbox
- the benefits of making in bulk and in advance
- tips and tricks on saving time in the kitchen
- the best places to shop for ingredients
- cost-effective healthy eating for the whole family
- substituting ingredients to use what is at home and in season
- how to make five recipes from one
- inspiration to get creative in the kitchen.

All eaters are welcome at our workshops. By plant-based we don't mean *only* eating plants, we simply mean eating delicious + nutritious unprocessed, wholefoods. We encourage you to base your meals around the vegetables + fruits you have available, then add your chosen protein. We look forward to inspiring you!



NZ Workshop Tour 2022

Christchurch - 29 March
Wellington - 2 May
Hamilton - 18 May
Nelson - 24 May
Blenheim - 26 May

Hawkes Bay - 14 June
Gisborne - 15 June
Invercargill - 21 June
Wanaka - 24 June
Auckland - 4 July
Auckland - 6 July

The adult workshops cost \$119 and include a recipe booklet to take home.

For more information + to book online visit:
www.tworawsisters.com/nz-workshop-tour

