

# ADDITIVE ALERT

The missing piece to the healthy eating puzzle

**Because you care about your health, you have to know what's in the food you eat!**

If you look at food labels and are confused by all the numbers, make life easier for yourself and come along to Additive Alert presentation to find out:

- **Startling facts about the way our foods have changed**
- **Which food additives are linked to health problems, especially in children**
- **Where harmful additives are hiding in our every day foods**
- **How to shop smarter, avoid harmful additives and improve your health.**
- **Learn how to make a safer, healthier lunchbox.**

1 Hour informative talk

Thursday 25<sup>th</sup> February 7pm  
Sunrise Health  
Children's Specialist Centre  
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Port Macquarie  
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