

Lunch in a Box

Wouldn't be nice to have something other than a sandwich for lunch? Something that would properly nourish your body, mind and soul, AND that would be delicious at the same time? During this hands-on workshop, we prepare a supercharged lunchbox, packed with colours, flavours and nutrition.



Learn about nourishment & wellbeing



Hone your cooking skills



Prepare a plant-based dish



Ask the nutrition expert



Clem Cleave (MSc, RNutr) is an award-winning registered nutritionist, published author, trained chef, lecturer and public speaker on food, nutrition and public health matters. She works with individuals, groups and organisations, helping them to make sense of nutrition for better health and wellbeing.

