



## FOOD ALLERGIES and intolerances in under 5's

Food allergies and food intolerances. What they are, what causes them, how they can affect your young child's health, and how to cope with them.

Held during Food Allergy Week, Topics covered during the evening are...

*The difference between a food allergy and a food intolerance.*

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*Causes, symptoms, diagnosis, and where to go for more help.*

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*What a food intolerance is, the different kinds, and how to avoid the foods that your child is intolerant to .*

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*How to plan a nutritionally balanced diet, eat out safely, and buy safe food, when your child has a food allergy.*

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**Chat with other parents and listen to our knowledgeable and informative speaker  
Jo Davies, Nutritionist.**

**Thursday May 19th. 7-9pm  
At TPC Rooms**

Cost: \$5 for Parents Centre Members & \$7 for Non Members

For further information or to book please leave a message at the Parents Centre rooms or drop us an e-mail at the details below

**Taupo Parents Centre, 20 AC baths Reserve**  
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