



Beaches COVERED.
is a free, info-packed,
social, designer-retro
magazine that is
grabbed and held onto.

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throughout the Northern Beaches

PEOPLE ISSUE - SPRING 2022

The Root Cause

Lunchboxes are a minefield. Kids are hungry, fussy and stubborn and we are time poor. So we watch the rainbow of food that we intend to feed our children slowly getting drowned in a sea of processed beige snacks.



Suzanne Burke from The Root Cause is on a mission to change this by educating children and parents about basic nutrition and helping people make simple changes with huge benefits to overall health.

The program demonstrates shocking visuals of sugar content in everyday lunch box items alongside eye-opening statistics of childhood diabetes and obesity.

Parents are then armed with skills to read and understand food ingredients labels, portion control and simple achievable lunchbox alternatives that won't cause a food strike in our kids.

It is an incredible program that teaches both adults and children the importance of fuelling young bodies in a positive and efficient way.

FOLLOW SUZANNE AND THE ROOT CAUSE FOR TIPS AND TRICKS FOR HEALTHIER KIDS.



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