



# Cook & Eat

**Do you want to learn new recipes to increase your family's fruit and veg intake? Then come along to the Cook & Eat sessions - hands-on cooking classes that will teach you how to prepare quick, cheap and healthy meals for your family.**

**In each Cook & Eat session you will learn:**

- **how to prepare 2 tasty meals with lots of veg**
- **ways to add extra fruit and veg to your meals at home**
- **ways to cut the cost of your food bill and still prepare healthy meals.**

**When: 24th February  
10th March  
24th March  
29th March**

**Time: 10.00am–12.30pm**

**Location: Samaritans Information and Neighbourhood Centre**

**Bookings are essential as placements are limited.**

**Enrolments end 22nd February 2010**

**Please be advised that children can not attend, and a 4 week commitment is required.**

**Parents must have primary school age children.**

**\$5.00 per week fee**

**For bookings and more information phone 4993 3400**

