



**Health 4 Life Community Kitchen (sponsored by Tesco)**

**Location: St Clare's Catholic Primary School**

**Date: Friday 8<sup>th</sup> December**

**Events will be running all day in St John Paul – Entrance from Robert Road [classroom at the bottom of the car park – with the ramp]**

**Parents are welcome to join us between 9am – 12 and 1pm – 3pm**



**We will be cooking Asian Curry and Spaghetti Bolognese/Chilli**

**Parents: Cooking Workshops 9:00am - 10am and 2:00pm – 3:00pm (Healthy meals on a budget)**

**Kingdom Builders: Healthy Lunches: - 11:00am**

**Kingdom Builders: Foodnet [10am - 11am and 1pm – 2pm - Come and see children's cooking classes and join in]**

**Parents are welcome all day or you can pop in and try a cooking session and you will be able to take home a sample of what has been cooked and a menu book full of cooking tips and recipes. You can also join in with pupil cooking sessions or discuss the benefits of a healthy lunchbox with our pupils. We look forward to seeing you anytime during the day.**

**FRIDAY 8<sup>TH</sup> DECEMBER — PUT IT IN YOUR DIARY.**