

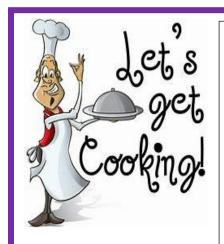
Health 4 Life Community Kitchen (sponsored by Tesco)

Location: St Clare's Catholic Primary School

Date: Friday 8th 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 8TH DECEMBER - PUT IT IN YOUR DIARY.