

# Let's cook together!

- Fed up with the same repetitive meals?
- Want to try something new and have fun as a family?
- Need some ideas of how to get your 5-a-day?

Then join our new Family Cooking Club and Eat Well!

**Tuesdays 4-6pm, from 19<sup>th</sup> September- 24<sup>th</sup> October**



We'll all cook a simple two course meal, learn a little about the ingredients and where our food comes from, then enjoy the meal together. Sessions are offered in a 6-week block. At the end of the 6 weeks you'll get to take home your FREE child friendly chopping board and knife set and your own family recipe journal to keep your favourite meals in.

*Secure your place now as spaces are limited to up to 6 families for each 6-week block. Contact Emma on 07468 881907 or [emma@dandtcircuit.org.uk](mailto:emma@dandtcircuit.org.uk) for more information and to book your place.*

