

C.A.N

Cooking and Nutrition



For parents/carers with children aged 1-4 years



This 4 week course will help you develop your skills and knowledge to:

- **Cook and shop on a budget**
- **Look at food portions**
- **Cook an easy recipe to take home**
- **Keeping your family safe in the kitchen**
- **Look at healthy lifestyles**

Monday 20th June, 1pm - 2.30pm
at The East Family Hub, Calcot, RG31 4XG

Cost is **£8** payable in advance. Please book online
https://booking.westberks.gov.uk/family_hubs_events.html

Contact Anne or Nicky on 0118 945 6157 for more information.



West Berkshire
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