Contact: Melissa CDC on 0403 369 741.
Free catering available - bookings required.

Within Hackham West R-7 School;
50 Graveline Drive, Hackham West;
Hackham West Children’s Centre Unit (formerly Yellow Unit)

Where:

August 2nd, 9am, 16th and 23rd

Tuesdays 1200pm-300pm

When:

Opportunity to win a recipe book worth $29.95
FREE including lunch

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What is Food Redi?
- Try new recipes for easy, healthy and nutritious meals
- Hands on cooking with recipes provided
- Reduce food waste
- Budgeting to decrease the cost of your grocery bill

Food Redi to Cook:
- 4. Redi to Cook
- Food
- Healthy living box ideas
- Healthy eating box ideas
- Health

Food Redi to Eat:
- 2. Redi to Eat
- Prevent food poisoning and keep your kitchen safe
- Introduction to the program and hand washing
- Session includes:

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