

Feeding the kids!

Do you have children aged 0 to 10 years old?

Do you live in Hartcliffe or Withywood area?

Then this cooking group could be for you!

In this group we: 🧑🍳 cook easy, healthy family food

🧑🍳 look at ways to save money on food bills

🧑🍳 new meal ideas & "fussy eating"

🧑🍳 making a meal under 20 minutes

When: Mondays, 10 am – 12 noon

**Where: No. 10 The People's Kitchen,
The Gatehouse Centre, Hareclive Road**

a night off
from
cooking
😊

Cost: £2 per week: take home what you make!

▶ We can fund some nursery places for children over 1 year old: if you need this to come on the course - please ask!

▶ **Course runs all year round during school term – next term starts Monday 21st January 2018 – please call 0117 946 5285 to book your place on this friendly group**



No.10 The People's Kitchen

at Hartcliffe Health & Environment Action Group

The Gatehouse Centre, Hareclive Road, Hartcliffe, Bristol, BS13 9JN

office@hheag.org.uk | 0117 946 5285 | www.hheag.org.uk

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