



FOOD SENSATIONS®

FOR ADULTS

Come along to Food Sensations for a **FREE** hands-on nutrition and cooking experience.

Over 2 sessions, you will learn to cook some tasty, easy recipes for lunch and get involved in some fun nutrition activities.

Book now to attend both sessions on 0419208048

No Cost to Attend

HEALTHY EATING

MEAL PLANNING AND BUDGETING

SESSIONS:

Workshops held at:
FORAGE
Cannery Kitchen Garden
Norseman Road

Thursdays
1 & 29 June
10am - 1pm.

Participants must be able to attend both sessions

LABEL READING AND FOOD SELECTION

4 CORE TOPICS

FOOD SAFETY, PREPARATION & COOKING



Food Sensations for Adults is funded by the Department of Health.

Call: Nicole on 0419208048 or email Nicole.ingram@foodbankwa.org.au to book your free place now! Places are limited.