



**FOOD
SENSATIONS**

FOR ADULTS

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

Over 4 weekly sessions, you will learn to cook some tasty, easy recipes and get involved in some fun nutrition activities.

Please put your name down at the front office.
For further information contact Jay Jay on 9457 2644

**HEALTHY
EATING**

**MEAL
PLANNING
AND
BUDGETING**

**4
CORE
TOPICS**

**LABEL
READING AND
FOOD
SELECTION**

**FOOD
SAFETY,
PREPARATION
& COOKING**

SESSIONS:

Thursday

2 August 2018

9 August 2018

16 August 2018

23 August 2018

1.00pm - 3.00pm

**Riverton PS
staffroom**

Maximum of 20 participants



Partner:



**Department of
Health**

Book at the front office or call 9457 2644 for further information.