

In this group you will enjoy:
working together in a relaxed environment
learning as you cook
talking and laughing
new ideas
new friends
taking home tasty kai



Cooking Healthy Meals on a Budget

Made possible by funding from Henderson-Massey Local Board & the Love Food, Hate Waste Fund.



Free Healthy Meals on a Budget Group
@ The Chapel Kitchen
10:30-1:30pm Friday mornings from
3rd August 2018 for 6 weeks

Come and learn to cook a range of tasty recipes that you and your whānau will love! This free group is for anyone interested in learning new cooking skills, sharing ideas, gaining strategies for making the most of a tight budget and having fun! Group sessions take place at The Chapel, corner of Beach Rd & Waipani Rd, Te Atatu Peninsula. For more information contact CARE Waitakere on 09 834 6480 or cmcgiven@carewaitakere.org.nz