



FREE Cooking & Nurturing sessions at the Clifton Centre for new Mums & Families

Join a relaxed social cooking session for mums with 0 -1 year babies.

FREE recipe cards

FREE take home food and ingredients

FREE refreshments

Bring along a partner, friend or relative to join the session featuring French tips and tricks to make family mealtimes easy, tasty, economical and fun.

Meet new mums, chat and watch cooking techniques and have a go.

Learn:

- about creating a store cupboard that works for you,
- how to create a nutritious meal when you are tired
- using the same ingredients to create many recipes

facilitated by Isabelle Endreo , cooking teacher facilitator and mentor - PGCE , Nutritional advisor (FutureFit)

at the Clifton Centre in St Leonards:

Mondays 11-1pm

23rd March, 20th April and 11th May

CLIFTON CENTRE





3 next sessions from 11am-1pm

Schedule:

- Welcome and tea & refreshment
Demonstration, chat
- Join in the making with others,
deciding for yourself what works
for you and your loved ones,
watch share ideas and
experiences.
- Share the meal, partake, take
home the food

Spots are limited, so better to enrol
soon.

Note that there will be a quiet space to take a break, you
must make sure your child is safe and supervised at all times.

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