



**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.

Book online at Eventbrite, call 9463 3231 or email FoodSensations@foodbankwa.org.au

**HEALTHY
EATING**

**MEAL
PLANNING
AND
BUDGETING**

**4
CORE
TOPICS**

**LABEL
READING AND
FOOD
SELECTION**

**FOOD
SAFETY,
PREPARATION
& COOKING**

SESSIONS:

**Brockman
Community House
27 Hull Way,
Beechboro**

Tuesdays 11am-1:30pm

19th March 2019

26th March 2019

2nd April 2019

9th April 2019

*Participants must aim attend
ALL 4 sessions.*

Crèche provided \$5 per child



Partner:



GOVERNMENT OF
WESTERN AUSTRALIA

Department of
Health

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