



# COOKING 4 KINDNESS

**[Facilitated by The Food Embassy and CHO]**

Do you enjoy cooking? Have you ever thought about giving back to your community?

Why not cook tasty, nourishing meals for local families. Learn about food safety, develop new cooking skills, discover garden to kitchen recipes, eat delicious food and best of all help those in need.

**SESSION 1:** Wednesdays from 18 October– 22 November 2017

**AGE:** 8–16 years

**TIME:** 3.30pm–5.00pm

**COST:** FREE

**WHERE:** Wardli Youth Centre,  
13 McKinna Road, Christie Downs

**BOOKINGS:** 8186 5133  
[christiedownsyouth@onkaparinga.sa.gov.au](mailto:christiedownsyouth@onkaparinga.sa.gov.au)



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 **The Food Embassy Inc.**  
Promoting Sustainable, Equitable and Nourishing Food

