

# COOKING

## For a Better Start



Are mealtimes stressful for you and your family?



Would you like to be more confident when cooking?



Are you interested in ideas for encouraging your family to eat healthy foods?



Would you like time and space to think about shopping for your family and how to eat healthily on a budget?

Come along to our free cooking sessions for anyone who looks after a child under four



**Cooking for a Better Start** will help you learn how to cook low-cost, healthy meals for your family.

Groups of parents/carers meet for a couple of hours every week for six weeks to try out a range of straightforward recipes. **Everyone takes home a free gift.**

All programmes are completely free.

To find out more please get in touch with:

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