



COOKING A HEALTHY LUNCH

Overview

Each week participants will learn how to prepare and cook a basic meal for lunch or as a snack. They will also learn food hygiene, safety and cleaning skills.

Venue

Mi Community Centre, Langwarrin

Days and Times

Monday - 9am - 2pm

Tuesday - Friday 9am - 1pm

Duration

12 weeks

Activity Type

Complex Program of Supports

Cost

\$8 per week

Resources

Nil.