



AUGUST

Friday 2 2-4pm
Monday 5 10am-12
Friday 9 2-4pm

What's Cooking

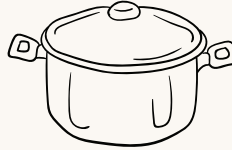
FREE quick and easy ideas
to help you get cooking more

Family and
budget friendly recipes

The Nest, Bean Tree Cafe,
Page Park, Staple Hill

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At these **FREE** courses parents/carers can learn how to cook family friendly and affordable meals, with top tips on how to cook on a budget.

While you are busy in the kitchen, your children (aged 5 and over) can have a free *move more* session with one of our qualified and DBS checked instructors.

Spaces are limited, please book:

Online at: bit.ly/whatscookingcourse

email nestpagepark@gmail.com

or speak to **Tom or Melody** in the Bean Tree Cafe