

# Head Teacher: Elizabeth Hopewell

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Tuesday 5<sup>th</sup> March 2024

## Healthy Habits for Healthy Homes

Dear Parents/Carers

We have partnered with West Smethwick Enterprise to deliver a series of three cooking workshops which will focus on:

- Low-cost healthy fun recipes
- Activities to do as a family
- Cooking activities and food making

Over a series of three weeks, you will cook simple recipes and understand how to eat healthier at a lower cost. All sessions are free, and the ingredients and resources will be provided. During the sessions you will cook healthy meals which you can take home to enjoy.

The cooking workshops will look at low-cost breakfast, lunch, dinner, and snack recipes. All participants will be given a booklet with recipes, activities, and other information along with a certificate for completing all three sessions. We have up to **8 spaces** for this first set of workshops, which will take place at The Orchard School and will be on the following dates:

- Session 1 – Tuesday 16<sup>th</sup> April 2024
- Session 2 – Tuesday 23<sup>rd</sup> April 2024
- Session 3 – Tuesday 30<sup>th</sup> April 2024

The workshops will be from 9.45am – 11.45am.

Please complete and return the slip below by **Monday 18<sup>th</sup> March** if you are interested in a place. Places are limited and allergy information will need to be provided. It is essential that you can attend all three sessions.

Your place on the workshops will be confirmed by the pastoral team.

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## Healthy Habits for Healthy Homes

I would like to attend the three cooking workshops

Name: .....

Allergy information:.....

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Please return to LAUREN PETRIE

