



NOURISH FOOD SCHOOL

invites you to join our

COOKERY CLUB

FREE COOKERY CLASSES FOR PARENTS
from the
Jamie Oliver Ministry of Food programme

Join the cookery club and learn:

- loads of **low-cost family-friendly recipes**
- **new cooking skills**
- what **good nutrition** looks like for children, teenagers and adults

@ Archibald First School

09:00 - 10:30

Friday 7th June

Mastering knife skills: Soup & Flatbreads

Friday 14th June

Herbs and Spices: Curry and perfect rice

Friday 21st June

Bulk Cooking: Pasta sauces with Spag. Bol

Friday 28th June

Using Veg: Fajitas, Guacamole and Salsa



Limited spaces available.

Reserve a space in 1 or more of the classes with the School Office

**MINISTRY
OF FOOD**
♥ JAMIE OLIVER