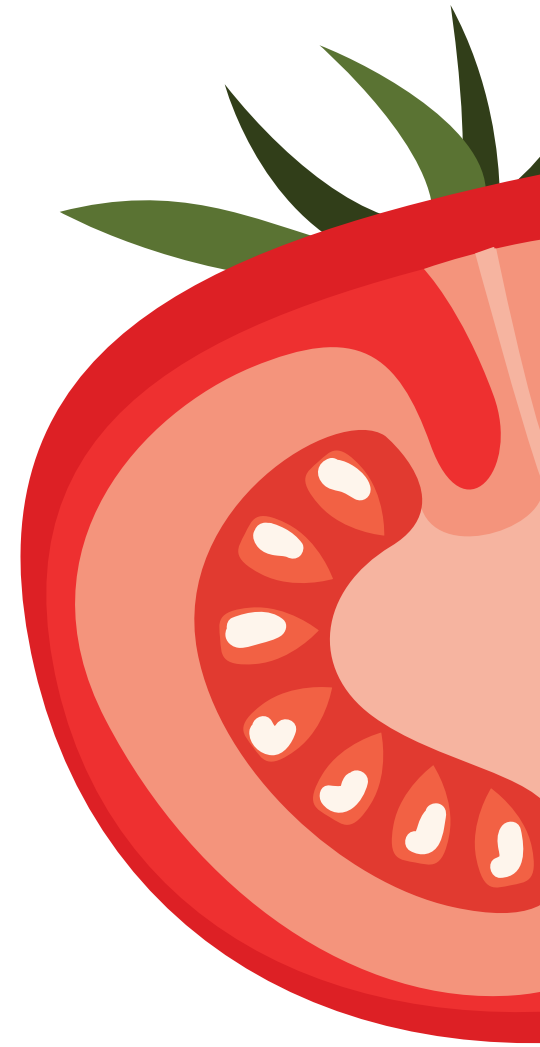


# COMMUNITY KITCHEN

Come along and join our free 6 week programme to put the fun back into meal times with quick and easy nutritious recipes for you and your family.



Dates: Every Wednesday from 6th November 2024 (for 6 weeks)

Times: 6:00 - 8:00pm

Location: The Nobel School, Mobbsbury Way Stevenage, SG2 0HS

Booking required. Please contact:  
[communitykitchen@stevenagefc.com](mailto:communitykitchen@stevenagefc.com)



## The Programme

Designed for families with children aged 5 to 12, for all of you to learn how to cook healthy, simple meals without breaking the bank and spending time together as a family, making meal times fun!

## What To Expect

The two hour sessions will be led by our friendly culinary tutor who will take you through all aspects of planning, preparing and cooking great meals. Supporting families, by giving you key tips to take home and replicate recipes. All ingredients provided, plus some fun family activities too!

## Skills For A Lifetime

We provide additional support around managing food budgets, food hygiene and leading healthy active lifestyles with simple steps in a group environment. Giving you a chance to meet other families from your local community!

[#SFCFCCommunityKitchen](https://www.instagram.com/SFCFCCommunityKitchen)

