



presents

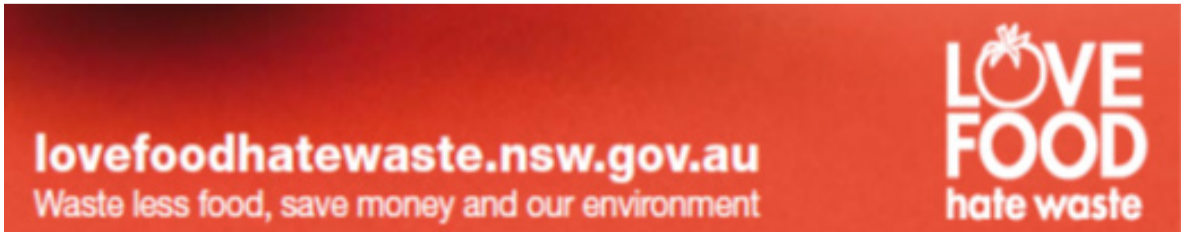
Nutritious & Delicious Workshop

**Free community cooking class with
MasterChef™ Kate Bracks
Monday 20th March @ 10am – 12.00pm
Soul Food Design Depot & Gallery
1 Dandaloo St Narromine NSW**

Come and join local MasterChef winner Kate Bracks and learn how easy it is to prepare delicious and healthy meals for your family whilst reducing food waste, saving time & money!

Have fun and discover tips on shopping for, preparing and storing food that is good for your family's health, the environment and your back pocket.
There will be lots of prizes and giveaways!

This project was supported by the Environmental Trust as part of the NSW EPA's Waste Less, Recycle More initiative, funded from the waste levy. It is a joint project between Cancer Council NSW & NetWaste.



REGISTER NOW – NUMBERS LIMITED
Call Sue 0400 336 508 or
Camilla 6392 0804