

Cook and Eat

6 week health and nutrition cooking course

For parents/carers with children over 1 years

The course provides an opportunity to:

Learn about healthy portion sizes

Useful tips on menu planning

To produce healthy home cooked family meals on a budget

The opportunity to experiment with cooking different dishes

Practical cooking skills



Sure Start
Family Hub Southampton

Clovelly Surestart/ Family Hub

6th June to 11th July

10 to 12pm



Mansel Park Primary School

8th June to 13th July

9.15 to 11.15am

For more information please contact:

familyhub@southampton.gov.uk

Or Call Caroline on 07818 588 480

How to book your place please:

Check out our WEBPAGE:

<https://www.southampton.gov.uk/familyhubs>

where you will find everything you need to know about our Family Hubs including What's on, our parenting courses and referral form . (Click what's on tab)

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