Thriving on a Shoestring

Cooking on a budget: Get back to basics and create yummy easy meals.

- ✓ Do more than just "get by"
- ✓ Grow a healthy family
- ✓ Learn practical cooking skills



Workshop Info:

When: Wednesday mornings, 10.00am – 12 noon

Riverlea Theatre, 83 Riverlea Road, Hillcrest Where:

Gold Coin donation each session Cost:



Topics include:

09 September – 5-ingredient meals

Make quick easy meals with just 5 ingredients.



16 September – $Easy\ healthy\ meals$

Basic meals made healthier, tips on planning and spending less!



23 September - Baking the healthy way

Fresh home cooked baking, healthier and super tasty.



14 October - Quick meals

Create easy nutritious meals in less than 30min.



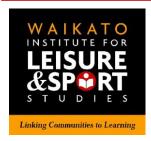
21 October - Party food made healthier

Finger food made healthier and will delight any guest.



28 October – Create a 3 course meal in under an hour!

Let's get creating! Now you have the skills let me show you how you create 3 amazing dishes in an hour!



To register contact: Anne Morgagni, **Waimarie: Hamilton East Community** House 07 858 3475 waimarieham3216@xtra.co.nz

