



THE SUMMIT KITCHEN

Cooking Workshops



With Tina Sullivan- Dietitian and Kitchen Specialist

Are you keen to bring a bit more healthy home made food into your week?

Join us in the Summit Kitchen for some nutrition tips and ideas as well as the chance to cook your own delicious meal

March 14- I made this myself! **Home made Take Away-** Pizza

April 4- I need to eat more veggies! **Plant Based Creations-** Veggie curry

May 16- What's this weird green thing? **Cooking Local Produce-** Stir fry

June 6- I have no time to cook! **After Work Quickies-** Pumpkin gnocchi



Mondays

5.30-7pm Alawa Primary School Kitchen

\$75 including all ingredients and your completed meal to take home or enjoy during the workshop

For further information and to sign up:

<https://www.summitnutritioneducation.com/>

Ages 14 and over

Places are limited

No cooking experience needed