



FOOD SENSATIONS®

FOR ADULTS

Come along to Food Sensations for a **FREE** hands-on nutrition and cooking experience.

Over 3 weekly sessions, you will learn about a variety of nutrition topics



HEALTHY EATING



MEAL PLANNING AND

4 CORE TOPICS



LABEL READING AND FOOD SELECTION



LUNCHES AND SNACKS

SESSIONS:

LOCATION:

Mullewa Community Resource Centre

DATES & TIMES:

14th February
21st February
28th February

From:

11:00am-1:30pm

To make a booking, please contact: 99611500 or admin@mullewacrc.net.au



Food Sensations for Adults is funded by the Department of Health.