

SAPPHIRE  
COMMUNITY  
PANTRY  
EST. 2017



## CHOP CHAT CHEW

### Healthy Cooking Together

Come join a friendly, small group of people (maximum of 6) and cook new or old favourites.

Learn how to make healthy meals that won't break the budget

Meet new people and have fun

*"I was a bit nervous when I started as I didn't know what to expect. I was given a very warm welcome by everyone in the small group, which put me at ease straight away". JB*

**COST:** \$2 per session

**WHERE:** Masonic Hall, next to the Canning Street Surgery, Bega

**WHEN:** Wednesdays, from 6 June to 27 June, 2018

11:00am to 1:00pm

**BOOKINGS REQUIRED** – Phone Christine Welsh on 0438 407 364, or email

[spantry@gmail.com](mailto:spantry@gmail.com)

*Ingredient and equipment costs subsidized by the Sapphire Community Pantry, and enabled by generous donations from the Social Justice Advocates of the Sapphire Coast, and the Reaching Out Foundation.*