

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

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.