

Free



WEEKLY VIRTUAL COOKING CLASS

JOIN OUR NUTRITIONIST FRIDAYS AT NOON FOR 30 MINS OF FOOD & FUN

PROJECT PANTRY

Cook along with us from your own kitchen, or simply watch & soak it all in, as we create healthy and delicious meals using simple ingredients from the pantry

- Tasty meals and snacks in 30 minutes or less - have lunch and dinner ready to go!
- Tips & tricks for healthy eating habits while staying at home
- Practical ideas for reducing food waste and making the most of your groceries to limit shopping trips during COVID-19
- Perfect for families and older adults with advice for all households

Starts Friday August 6 2021, 12:00pm- 12:30pm

REGISTER HERE

Have a question?

Give us a call on (02) 8580 0628 or email us on admin@nutritionaustraliansw.org.au

