

Family Kitchen at Home

Join our free 90-minute online cooking sessions!
Available for families with children aged 2 to 11 years.
START Date: Thursday 23rd February: 4pm - 5:30pm

To book your place and receive £30 food shopping vouchers towards the cost of ingredients for the 4 sessions, scan & register here:



<https://www.smartsurvey.co.uk/s/FKatHome/>



Learn budget friendly and easy healthy recipes



Share and make nutritious and delicious meals as a family

Find out more about sugar and label reading when you're out shopping for food



Build confidence around handling knives safely

Any questions or queries about the programme please contact us:

healthandwellbeingteam@camden.gov.uk

0207 974 6736.