

Northwick Park Primary and Nursery Academy

Company No. 9154404

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Headteacher: Emma Lane

1st February 2018

Dear Parents,

Family Cooking Workshop

As part of our work towards 'Healthy Schools Enhanced Status' we are setting up a FREE family cooking workshop. The aim of the workshop is to help both parents and children to make healthy food choices and to demonstrate some quick, easy and affordable dinner ideas that you can prepare and cook with your children.

A professional will come in to assist us to deliver the four week program (you must be able to attend all four) which will initially be available for ten families. We will talk about how to improve the health of your family through the food choices you make and you will have the opportunity to prepare and cook some meals as a family. You will be able to eat/take away the meals that you cook, along with the recipes that you have used so that you can try them again at home.

The sessions will take place on Wednesday from 3.00pm – 4.15pm beginning on 28th February for four weeks.

We hope that you will agree that this is a great opportunity to do something together as a family and also come away with some great meal ideas to try yourself at home. If the program to be popular, we will open a waiting list and will try best to deliver some more four week blocks throughout the year.

We look forward to hearing from you,

Mrs Clark & Miss German
(Healthy School Leads)

Family Cooking Workshop

Please return slip to office

Name

Class

Number of adults

Number of children

Due to the limited number of spaces, we will inform you by the 21st February if you have been chosen.

Signed

Dated