



FEAST WITH FRIENDS

Got Your Back Sista would like to invite you to Feast with Friends. A dining experience where you get to cook and create a food masterpiece then enjoy the social aspect of dining with your fellow sistas.

The cooking session will be facilitated by Clare Cronje who will guide participants through the principles of cooking healthy food that keeps you happy.

The session will also cover the following:

- low cost meal planning
- budgeting
- reading food labels
- correct food storage
- shopping and cooking tips
- minimising food waste

Proudly sponsored by

Community Bank
Newcastle

We hope you can join in the fun!

B Bendigo Bank

Every fortnight during the school term

Time: 11am - 1.30pm

15 Elizabeth Street, Tighes Hill

Cost: nil

Register: admin@gybs.com.au or ph: 49 892777

