

Family Kitchen at Home

**Join our free 90-minute online cooking sessions!
Available for families with children aged 5 to 11 years.
Starts Wednesday 2nd June, 4pm**

To book your place and receive your food shopping vouchers to cover the cost of ingredients for the 4 sessions, please contact us:

healthandwellbeingteam@camden.gov.uk



**Learn new
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**