



Dinner for Dads Cooking Program

Expression of Interest

18th April 2018

Dear Parents,

Do you want to cook healthier meals for your children to help them learn, play, exercise and sleep better? Alternatively, maybe just hang out and meet other dads and learn some awesome recipes along the way?



Sign up for our dinner for dads program where we provide nutrition training, cooking skills & techniques, tricks to help kids to eat better, budgeting tips, and planning & storing to save you money!

Learn from an experienced chef. Eat in, or take the food cooked on the night home, for a cheap, delicious dinner for you and the kids!

There will be a dude food friendly theme throughout, so don't think we will just be preparing salad! We will work through a series of **delicious dinners & desserts and provide interesting ideas for lunchboxes & healthy snacks for your kids to feel their best.**

This program will run every Wednesday for 4 weeks 6pm – 8pm at Birmingham PS Kitchen starting Wednesday 16th May 2018.

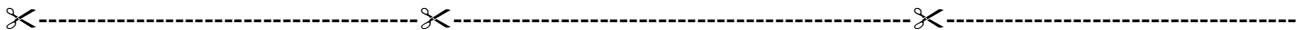
The cost for the 4 week program is \$8.00 per week (\$32.00 in total) **please do NOT send money at this time.**

If you would like to take part in this program please return your expression of interest to the mailbox at the school office by Friday 27th April 2018. You will be notified of your place in this program and payment details by 2nd May 2018

For further information, please see Mrs. Robyn Bellamy.

Trish Enzinger
Principal

Robyn Bellamy
Assistant Principal



Dinner for Dads Cooking Program

Expression of Interest

I am interested in participating in the Dinner for Dads Cooking Program. I understand this program runs for 4 weeks starting Wednesday 16th May.

Parents Name _____ Phone No _____

Child's name: _____ Grade: _____

Parent Signature: _____

