

## Do you have a 0-2 year old child?

We offer fun, friendly free family cooking on a budget demonstration sessions @ Silver Threads Hall Donnington, from the 6th of June till 9th of July 2025 12.30-14.00.

Week 1 : 5 a day tomato sauce & basic white sauce

Week 2 : Falafels with tzatziki or meatballs & sauce

Week 3 : homemade curry from scratch

Week 4 : Pizza using naan bread cooked in the air fryer

Week 5 : cous cous dish

Week 6 : Healthy sweet treat

Each week you will be shown the recipe & try it, then have the chance to take a picture for you try with your family.

For more information contact

**Family Hubs: [telfordfamilyhubs@telford.gov.uk](mailto:telfordfamilyhubs@telford.gov.uk)**

**[Jacqueline.taylor@telford.gov.uk](mailto:Jacqueline.taylor@telford.gov.uk)**

Or book directly at

**[alan.watkins@thesilverthreadshall.org.uk](mailto:alan.watkins@thesilverthreadshall.org.uk)**

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