



CALIFORNIA GULLY PRIMARY SCHOOL

No. 123

P.O. Box 88, Staley Street, California Gully, 3556

Phone: 03 5446 8393 Fax: 03 5446 3115

Dear Parents,

As you may be aware our Grade 3/4 students have participated in the Stephanie Alexander Kitchen garden for the past 4 years. Earlier this year we were successful in a grant application through the Greater City of Bendigo to be able to offer a similar program to our school community, care givers and parents. We have been lucky enough to secure the services of Michele Witham from Heathcote Primary school to run the 4-week program at our school. The program will run at California Gully Primary School kitchen and you will be able to take the food cooked and prepared home with you. Below is an outline of the program. Bring a friend or come on your own, all welcome.

FOUR SESSIONS INCLUDING RECIPES WILL COVER:

- HOUSEHOLD BUDGET
- COOKING FROM SCRATCH
- STOCK YOUR PANTRY
- MAKE A VEGGIE BOX

These sessions will give you the tools to help improve your family's health by getting back to basics and bringing back the joy of just sharing a meal without breaking the budget.



SESSION DATES

Friday 24th August 1pm – 3pm

Friday 31st August 1pm – 3pm

Friday 7th September 1pm – 3pm

Friday 14th September 1pm – 3pm

LIMITED PLACES so book early by contacting

Michele – 0419883319 or Kerryn at California Gully PS
54468393 or filling out the form below and returning to
Nicole at the office.

NAME: -----

PHONE NUMBER -----