

Family Hub

Cook and Eat



A 6-week health and nutrition cooking course for parents/carers with children over 1 years old.

The course provides an opportunity to:

- Learn about healthy portion sizes
- Useful tips on menu planning on a budget
- Experiment with cooking different dishes
- Practical cooking skills

Pickles Coppice Family Hub

6 January – 10 February
10am – 12pm

Clovelly Family Hub

25 February – 1 April
3.15 – 5.15pm

Clovelly Family Hub

7 January – 11 February
10am – 12pm

Pickles Coppice Family Hub

27 February – 3 April
4 – 6pm

Cutbush Family Hub

24 February – 31 March
3.30 – 5.30pm

To book your place visit:

soton.cc/familyhub-parentingreferral

For more information please contact:

familyhub@southampton.gov.uk



www.soton.cc/familyhub

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LOCATIONS

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