

# Healthy Food Workshop!

(For Parents!)

**FRIDAY**  
**21st MAY**

**8.20am–9.30am**

(All welcome)

Join us for breakfast in  
the playground!

**WORKSHOP:**

(Parents only!)

**9.30–9.40am**

Introduction

**9.40–10.00am**

Session A

**10.00-10.15am**

Break

**10.15-10.35am**

Session B

**10.35–11.00am**

Recipe Sharing!

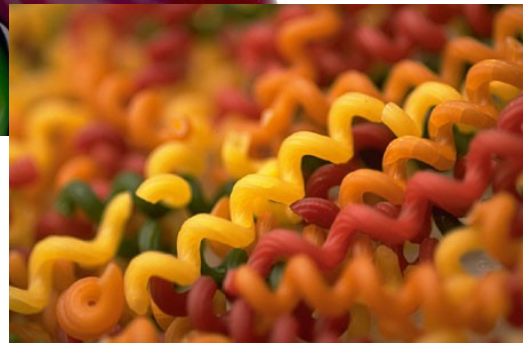
**11.15–11.35am**

Assembly for all  
children and parents!



- Harrington's
- Lochfyne
- Usbourne Books

More to be  
confirmed...



Concluding our healthy foods week in school, please join us for all or part of our **Healthy Foods Workshop for parents** on Friday 21st May!

Starting the day with a breakfast Gazebo in the playground—all welcome to join us for healthy grilled bacon rolls, fruit and juices. Then come along in to take part one or both of our cookery sessions with top chefs from **Harringtons** and **Lochfyne** who will provide cookery demonstrations, and also share their top tips with us whilst answering any queries you may have too!

Please come along with a pre-cooked/baked sample of your favourite recipe to be included in the Recipe Sharing/tasting session. If you could also email this in by 14th May we will be able to include a copy of your recipe in our Healthy Foods Workshop Pack—given out to all attendees!

PLEASE COMPLETE AND RETURN THE BELOW SLIP TO THE SCHOOL OFFICE:

I/WE CAN ATTEND:

SESSION A  
SESSION B  
BOTH SESSIONS


NAME(S): \_\_\_\_\_

EMAIL: \_\_\_\_\_