



# Food Explorers

At Rowner Children's Centre

The Organic Cookery School is pleased to be able to offer  
a 3 week **FOOD EXPLORERS** cookery course  
at Rowner Children's Centre.

This is a fun, hands on cookery session, with all ingredients provided. A chance to make some delicious family friendly recipes and find out about your toddlers' changing nutritional needs, coping with fussy eaters, involving toddlers in the kitchen, cooking on a budget and menu-planning for the whole family.  
Grandparents welcome too!

Dates: **Tuesday 13<sup>th</sup> October to  
Tuesday 27<sup>th</sup> October 2015**

Time: **1pm - 2.30pm**

Venue: **Rowner Children's Centre,  
Siskin School Campus,  
Nimrod Drive, Gosport,  
Hampshire, PO13 8AA**



**Free** of charge but booking essential. Parents are invited to make a voluntary contribution towards ingredients on the day.

To register your interest in attending this workshop, please go online.  
[www.gosportcc.eventbrite.co.uk](http://www.gosportcc.eventbrite.co.uk) or call Rowner Children's Centre on 02392 513777.

If you have any questions regarding the suitability of recipes for those with food allergies / intolerances, contact The Organic Cookery School at  
[info@organiccookeryschool.org](mailto:info@organiccookeryschool.org)

Find us on Facebook: [www.facebook.com/organiccookeryschool](http://www.facebook.com/organiccookeryschool)

**In Partnership with Rowner Children's Centre and Hampshire Learning**



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