

Free Nutrition Education Skills Training (NEST)

Hosted by **OZHARVEST**



Interested in learning to cook, easy, affordable and healthy meals? Join us for a 6 week free cooking and nutrition program hosted by OzHarvest.

The program will run weekly, **starting Thursday 11th September, 11am - 1:30pm** at Palmerston Community Centre, Tiptree Crescent, Palmerston

» To apply, simply scan the QR code and fill out the Expression of Interest (EOI) form.



*Please be aware that spaces for the course are limited. You need to be 18+ to be eligible for the program. Once you've submitted your EOI, we will reach out to confirm your enrollment. Please note that attendance for all six dates/sessions is mandatory.

At the end of the program you'll receive a certificate, and a take-home toolkit packed full of easy, budget-friendly, and delicious recipes.



For more information kindly email - communitydevelopment@northside.asn.au



NEST
NICE EASY SIMPLE TIPS

