



BIG CHEF LITTLE CHEF

Link Community Centre, Cumbernauld

DATE| TIME

Tuesday 14th January 4.30-6.30pm

Tuesday 21st January 4.30-6.30pm

Tuesday 28th January 4.30-6.30pm

Tuesday 04th February 4.30-6.30pm

Tuesday 18th February 4.30-6.30pm

Tuesday 25th February 4.30-6.30pm

Tuesday 03rd March 4.30-6.30pm

Tuesday 10th March 4.30-6.30pm

Calling all fussy eaters!!! This 8-week family-friendly course for parents and carers of children with Autism Spectrum Disorders (aged 5-11 years) will be facilitated by a qualified Public Health Nutritionist. We will focus on fussy eating, trying different tastes and textures, ways to involve children when cooking, recipe ideas, quick and fun meals and of course how to have fun with food. All recipes made during the classes can be taken home and every family will receive a folder with information sheets and recipe copies. Grannies and Grandads also welcome to accompany the child!! The course is free however places are limited. I look forward to seeing you all there!!

To find out more information and book your space please contact:

Aimee Dale on 0141 771 7927 or aimeedale_lcfhp@outlook.com