

Cook along 4 families

Supporting children and their families within the Copeland area to cook healthy, nutritious meals. That are both quick and budget friendly. Providing opportunities for family bonding through eating, learning and playing together. As well as taking part in a wide range of fun activities and enjoying quality time together, families learn about nutrition and keeping healthy.

The following dates on ZOOM

16th October: Turkey Burgers @ 4pm

23rd October: Cottage Pie @ 1.30pm

6th November: Sausage and Bean Bake @ 1.30 pm

13th November: Mushroom Risotto @ 4pm

20th November: Baked Macaroni Cheese with Tomato @ 1.30 pm

27th November: Turkey Stir Fry @ 4pm



All food and recipes will be provided by Family Action

If you are interested or want more information or to book on please contact Emma Moorhead at emma.moorhead@family-action.org.uk Mob: 07815 686953

- Cooking together as a family
- Engaging with nature and the environment