

# Little Creative Chef Grow, Cook, Eat

Come and join us for these **FREE ZOOM** sessions  
for easy ideas to help you and your family  
cook and eat together.

Wednesday 28th April Wednesday 5th May

Wednesday 12th May Wednesday 19th May

10:00am -11:00am



Zoom Sessions

Easy meal ideas



To book your place  
go to [www.lewishamcfc.org.uk/booking-form](http://www.lewishamcfc.org.uk/booking-form)  
or text or leave a message on 07377 724243



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