

Senior Chef

Cooking classes for older adults



nznutrition
FOUNDATION



Senior Chef is a fun, practical and FREE 8 week course for older people who want to re- kindle an interest in cooking or who want to learn to cook.

- Make new friends and have fun while you learn
- Three hour classes held over eight consecutive weeks, including morning tea and lunch

Each weekly class includes:

- Healthy eating for older people, menu planning, shopping tips and budgeting
- Preparing and cooking a meal in pairs
- Sharing the meal with the group

Criteria for attendance:

- 67 years or older, 57 years or older for Maori and Pacific people
- Live alone or with one other person
- Want to improve skills, motivation or confidence around cooking
- Can stand for at least an hour for food preparation

Course details:

Dates: Thursdays from March 2nd to April 20th, 2017
Time: 10.00am - 1.00pm
Venue: Milford Baptist Church, 3 Dodson Ave, Milford
Bookings: New Zealand Nutrition Foundation, ph 489 3417 or email anna@nutritionfoundation.org.nz

Registration is essential to secure your place and attendance is required at all eight sessions. Please bring an apron and covered shoes to wear for your safety.