



nznutrition
FOUNDATION

Tika Tunu



JUST COOK is a fun, practical 6 week course for wahine who want to learn to cook healthy kai for themselves and their whanau.

- Three hour classes held over six weeks.

Each weekly class includes:

- Healthy kai, feeding whanau, menu planning, shopping tips and budgeting
- Preparing and cooking a meal
- Sharing the meal with the group

Who is it for:

- Wahine who want to improve skills, motivation or confidence around cooking
- Wahine who want to learn about the foods which will keep them and their whanau healthy
- Wahine who want to consider a pathway to employment in the catering and hospitality industry.