

Healthy Cooking Demonstration

Healthy Vegetarian Cooking - using seasonal ingredients

Join accomplished cooks, Ramah and Sally, as they show how to prepare some of their favourite vegetarian dishes and enjoy tasting the dishes.

When: Tuesday 27 April starting at 5.30pm

Where: The Local, drinks will be available for purchase

Cost: \$5 per person, includes recipes and tasting

Limited spaces available- Physical distancing and COVID-19 friendly hygiene practices



Please RSVP to the Health and Wellbeing Team, on 22687 mobile 53969 or email karen.walker@hospital.gov.nf by Friday 23 April

