



Cook **and** Connect

Cooking Classes

Have fun, learn new skills and meet great people with us.

These classes, led by dynamic facilitators, offer modules of learning to enable participants to learn quick and easy recipes and build confidence in the kitchen.

Each class has been created by a qualified chef and dietitian to promote healthy and safe choices, develop skills and spark delight. We share recipes, tips and laughter as we prepare and enjoy delicious meals together.

Locations:

- Brompton**
- Cumberland Park**
- Osbourne**
- Woodcroft**

More locations coming....

Contact Meals on Wheels SA 1800 854 453 for information and to register to participate

Cook and Connect is brought to you by Meals on Wheels SA. This Other Food Service (OFS) program is funded by the Commonwealth Home Support Program (CHSP). MAC code required. 2025

