

Good Grub Club – February Holidays 2023

This project is aimed at children/ families eligible for free school meals and/ or Abri Housing Families.

TUESDAY 13th FEBRUARY

11AM TO 1PM

AT: COLNE AVENUE BAPTIST CHURCH, COLNE AVE, SO16 9NY

We'll be running our FREE Spring event offering the opportunity to get involved in cooking some tasty 'good grub' and fun activities! Each family attending the session will also take home a bag to replicate the recipe again at home. If you'd like to book on the session, please get in contact - we'll work on a first come first served basis!

Get great tips on how to make fantastic meals on a budget!
With a activities and sport exercises for the whole family!

To book your family: please click on the link below:

[Good Grub Club - Millbrook - February 2024 - Google Forms](#)

For more information, please email:

sam@cm-foundation.co.uk

