

SENIOR CHEF

Cooking classes for older adults



Senior Chef is an 8 week cooking class where you can learn - or improve on - your practical food and nutrition skills. It's a social, relaxed and informative class with practical sessions on food groups, supermarket shopping, budgeting and meal planning - all focused on cooking for one or two people. And it's **FREE!!**

If you:

- Are over 65 years of age
- Live on your own or with one other person
- Need to improve your skills or motivation around cooking for yourself
- Want to meet new people.....

.....we would love to hear from you!



Classes near you starting soon! Please contact:

Senior Chef Coordinator
Canterbury District Health Board
Phone: (03) 337 7781
Email: senior.chef@cdhb.health.nz



Canterbury
District Health Board
Te Poari Hauora ō Waitaha