



SOUTH AFRICAN  
CHEFS ASSOCIATION  
CORPORATE MEMBER

# baby food

## PROGRAMME



The Baby Food Programmes is designed for children from 6 months to 2 years old and it teaches moms how to prepare and store healthy homemade baby food.

There are many benefits to preparing homemade food for your baby. It is cost effective and it gives you complete control on what's going into your child's body - fresh food with no preservatives or additives.

Do the classes with a group of friends or make new friends. You'll share great ideas and get wonderful nutritional tips.

It's the best you can do for your baby as it encourages healthy eating from the start!

Each class is two and a half hours long and your baby plus your domestic worker are welcome to attend.

Space is limited so bookings essential!

For more information about the Little Cooks Club Baby Food Programme, contact  
Christine on 083 556 3434 or at [headoffice@littlecooksclub.co.za](mailto:headoffice@littlecooksclub.co.za)

[www.littlecooksclub.co.za](http://www.littlecooksclub.co.za)

Franchise opportunities available. Contact Christine at [headoffice@littlecooksclub.co.za](mailto:headoffice@littlecooksclub.co.za)

