



The Secret to happiness is good health



Little Cooks Club is committed to promoting a healthy lifestyle and a passion for good food in families.

Through our interesting, educational and hands-on cooking programmes, we teach families about healthy food choices and provide them with an appreciation of good food. We believe in a holistic approach to wellbeing by encouraging healthy eating, exercising, using home grown produce and living a balanced life.

Little Cooks Club offers a variety of relevant cooking and lifestyle programmes that cater for everyone, from new moms to aspiring junior chefs. Programmes and ideas are constantly refreshed and updated on our website. Some of our programmes include:

- **BABY FOOD PROGRAMME** - teaches moms to prepare nutritious home-made baby food
- **LITTLE COOKS COOKING CLASSES** - introducing a love of food to children and moms
- **SPADE TO SPATULA PROGRAMME** - a cooking class that incorporates basic gardening
- **JUNIOR CHEFS COOKING PROGRAMME** - for our more experienced chefs aged 7 to 14
- **BASIC HOME COOKING COURSES** - a course for moms and domestic workers
- **AT SCHOOL COOKING PROGRAMME** - taught as an extra mural activity
- **VARIOUS COOKING PARTIES** - exciting, interactive, age appropriate cooking parties



For more information about the Little Cooks Club Programmes, contact

Christine on 083 556 3434 or at headoffice@littlecooksclub.co.za

www.littlecooksclub.co.za

Franchise opportunities available. Contact Christine at headoffice@littlecooksclub.co.za



Little Cooks Club

Nourishing a love for food, body and earth