We've offered the Raleigh community space-saving solutions for the past 10 years. We recommend Northwind Traders to anyone who will listen to us. They helped us reclaim over 700 square feet of our house!

- Annie D. Baltimore

SHARE THE LEARNING...

COOKING IS FUN, IT’S BETTER WITH TWO THAN ONE!

WAROUT PRIMARY SCHOOL
MALCOLM ROAD
GLENROTHES
KY7 4JX
(01592) 583468

Warout Friday
Foodies Programme

Morning Session
9.15-11am
Afternoon Session
1.30-3.15pm
**Session Aims**

Through this planned programme, you will have the opportunity to engage with your child in our purpose built kitchen facility.

Over the 4 weeks we can all learn new skills together and share our knowledge to support each other.

We will have the opportunity to explore new foods and cooking techniques that are sure to impress our families at home.

Help us create
- Confident Individuals
- Effective Contributors
- Responsible Citizens
- Successful Learners

**Recipes for the Week examples may include...**

<table>
<thead>
<tr>
<th>Session</th>
<th>Recipes</th>
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<tbody>
<tr>
<td>Session 1</td>
<td>Chicken Curry</td>
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<td>Lentil Dahl</td>
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<tr>
<td>Session 2</td>
<td>Sweet Potato Soup</td>
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<td>Macaroni Cheese</td>
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<td>Session 3</td>
<td>Bread Rolls</td>
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<td></td>
<td>Spaghetti Bolognese</td>
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<td>Session 4</td>
<td>Potato &amp; Leek Soup</td>
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<tr>
<td></td>
<td>Chicken Stir Fry</td>
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During each session...
- Talk through the aims of the class
- Create family friendly dishes
  - Plan meals
- Share recipe ideas
- Enjoy tasty food together
- Take home new recipes to try at home