

# Kitchen Mates



What do you do if you are left to cook for yourself but you're not sure what to do?

Would you like to cook and eat with others in a social setting rather than take lessons?

Kitchen Mates runs for six sessions each Term to help you find your way around the kitchen and cook healthy meals in a supportive environment.

**Cost:**

Participants decide what the group will cook and pay on a per serve basis (approx \$3.00 per serve).

**Kitchen Mates meets at:**  
Port Melbourne Uniting Church Hall  
Cnr Nott & Bridge Sts, Port Melbourne

Every second Friday 11am-2pm

**Term 3 2010:**  
July 16 & 30, August 13 & 27, September 10 & 24

**Bookings required, ph 9690 1188**

Getting there:

- *Melways ref 2J F3*
- *Tram 109, North Port station, 4 min walk along Raglan & Nott Sts*
- *Bus 238, 250, 252, cnr Bay & Bridge St, 1 min walk along Bridge St*
- *Community Bus, Port Melbourne route, BridgeSt/Bay St stop opposite the church*

*Places available  
for Term 3,  
starting  
16th July 2010*



For more information contact:

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South Port UnitingCare  
Phone: 9690 1188 (church office)  
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