Enjoy two hours of hands-on fun with Home Economics teacher, Mrs Lindy Gower — a foody fun fanatic!

**Tuesday, 22 April:** Healthy ham and cheese pizza scrolls and awesome apricot muesli bars.

**Wednesday, 23 April:** Marvellous macaroni and veggie frittatas and superfood ‘brainy bliss balls’.

**Thursday, 24 April:** “Sweet As” sweetcorn and zucchini fritters and Anzac bars.

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**BOOKING CONDITIONS**

Please be aware that the following health and hygiene requirements must be adhered to by all participants:

- Closed, non-slip shoes must be worn
- No jewellery to be worn (this includes watches)
- Hair must be tied back or under a hat
- If your son/daughter is unwell, he/she will not be able to participate.

Each session runs for two hours.

Information regarding medical conditions and allergies will be requested at time of booking.

**BOOKINGS**

All bookings must be made online at [www.trybooking.com/77977](http://www.trybooking.com/77977).

Sessions are $45.00 (including GST) per session, per child. A 30c booking fee will be applied to each booking made at the time of online checkout.

Sessions are from 10.00am – 12.00 noon.

Please book before: **Thursday, 17 April 2014**.

**FURTHER INFORMATION**

Please contact Lindy Gower

Email: lgower@seymour.sa.edu.au

Phone: 8303 9000

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**Presented by:**

Seymour College Community Program

[www.seymour.sa.edu.au](http://www.seymour.sa.edu.au)