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Tasty learning for life



Learn to cook healthy meals on a budget

Learn how to plan and cook healthy meals on a budget with our easy, tasty and healthy recipes.

Our interactive sessions give the knowledge and skills to make healthy choices before cooking some of our delicious recipes. The best part is sitting down together to enjoy your freshly cooked meal.

This program is great for all levels of cooking experience.

Why nom!

- » Learn about the Australian Guide to Healthy Eating
- » Get meal prep ideas
- » Take home a free recipe book
- » Free resources for meal planning
- » Increase your confidence to cook healthy meals whilst reducing food waste.

When

9.30am to 1.30pm

Week 1: Wednesday 21 October 2026

Week 2: Wednesday 28 October 2026

Week 3: Wednesday 4 November 2026

Week 4: Wednesday 11 November 2026

Where

Bill Hicks Pavillion, Byford Central Hall,
Portwine Avenue, Byford, WA 6122

Register

Register your interest
(08) 9526 1197

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Cost

Generously funded by East Metro Health Service.



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