



## MUNCHKINS AUTUMN '08 AFTER SCHOOL CLUB

### **Munchkins After school clubs are fantastic because:**

- Fussy eaters are encouraged to try new foods!
- Keen cooks get hands on and messy in the kitchen!
- Kids learn about healthy eating and great food!
- Budding chefs develop life skills and confidence!
- Food becomes fun!

**Location:** St Michael & All Angels Church, Small Hall.  
1 Pond Rd, Blackheath SE3 9JL

**Dates:** Tuesdays & Thursdays, 16<sup>th</sup> September - 12<sup>th</sup> December. Break for  $\frac{1}{2}$  term wk of 27<sup>th</sup> Oct. (12 week course)

**Times:** 4.15 - 5.45pm (1  $\frac{1}{2}$  hour sessions)

### **What happens at Munchkins After School Club?**

Over the term children cover different aspects of healthy eating and cookery techniques through dynamic, hands on sessions. Children work in small groups, gaining certificates for the progress they make. At the end of each session they taste and take home what they've cooked. The theme this term is 'Food from around the World'.

**Ages:** Munchkins is for 4 - 11 year old boys and girls

**Cost:** £180 for the 12-week course (includes apron, recipes, recipe file and certificates) *10% sibling discount available*

**Please return the booking form, with a deposit, to:  
164 Eastcombe Ave, Charlton, SE7 7LW**

Please book my child \_\_\_\_\_ (name)  
\_\_\_\_\_(age) for the Munchkins After School Club on:

(please circle) Tuesdays 4.15 - 5.45pm  
Thursdays 4.15 - 5.45pm

Parent / carer name:

Emergency Contact Tel:

Address:

Email:

Any food allergies/preferences:

I enclose 50% deposit / full amount (£180):

(Cheques payable to 'Munchkins' please. Charges may apply for classes cancelled with less than 24 hrs notice)

For more information or to check availability, please  
contact Joy Neal: email:

joy@MunchkinsKidsCooking.co.uk or call: 07855479783  
or visit: [www.MunchkinsKidsCooking.co.uk](http://www.MunchkinsKidsCooking.co.uk)