

# CRANBROOK FAMILY, COMMUNITY and CULTURE DAY

**Monday November 9**

**Cranbrook Sporting Club, King Street Cranbrook**

As part of National NAIDOC week, come and join in with 2 Deadly Food and Fitness for some community cooking workshops throughout the day and a community afternoon tea.

**9am – 10am A Smart Start to cooking:**

Families with 0-4 year olds come along to learn about bush tucker and spices, cook with your little ones and taste the deadly food you've made

**10.30 – 12pm & 1.30pm – 3pm 2 Deadly Chefs Community Cooking Workshops:**

Interactive, hands-on cooking utilising traditional bush tucker. You will also learn how to use traditional tucker in every day eating. While food is cooking we'll have a Deadly Games session. Indigenous life inspired games that will encourage social interaction and working together. We encourage every one of all ages to come along and give it a go.

**GRAND FINALE**

**3:30pm – 5pm Cranbrook Family Community and Culture Afternoon Tea:**

Everyone is invited to come and sample the food cooked during the day and 2 Deadly Food and Fitness will be putting on a spread like you've never seen before



For more details and to register your interest please contact:

**Kelly Osborne, YMCA WA - A Smart Start Coordinator, on**

**PH: 0447 008 084 or Email: [Kelly.Osborne@ymcawa.org.au](mailto:Kelly.Osborne@ymcawa.org.au)**

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