

Food & Health Project

Supported by
Community Food & Health (Scotland)



Bonar Bridge Community Hall

Scottish Charity No: SC000057

www.BonarBridgeCommunityHall.org.uk

Plan for Workshop 25th September 2009

- 3:50 -4: 10 Make up Pizza Dough
- 4:10 -4:30 Make Flapjacks
- 4:30 - 4:50 Make Smoothies
- 4:50 - 5:00 Have snack & chat - plan next time's menu
- 5:00 - 5:10 Take out Flapjacks - clean up
- 5:10 - 5:15 Roll out Pizzas
- 5:15 - 5:25 Add toppings
- 5:25 -5:40 Quiz while pizzas are cooking
- 5:40 - 5:50 Eat Pizzas

Plan for Workshop 30th October 2009

- Select Recipe(s)
- Plan timings
- Make shopping list