

# Food & Health Project

Supported by  
Community Food & Health (Scotland)



Bonar Bridge Community Hall

Scottish Charity No: SC000057

[www.BonarBridgeCommunityHall.org.uk](http://www.BonarBridgeCommunityHall.org.uk)

Plan for Workshop 30th October 2009 – finish at 6pm

## Option 1 – Carrot Cake & Sausage Hash

3:50 -4: 30 Prepare Carrot Cake

4:30 –5:30 Cook Carrot Cake

4:30 – 5:30 Prepare & Cook Sausage Hash

5:30 – 6:00 Eat & plan next session

## Option 2 – Shepherd's Pie & Apple Crumble

3:50 -4: 30 Prepare Shepherd's Pie to oven stage

4:30 –5:00 Prepare Apple Crumble

5:00 – 5:30 Cook Shepherd's Pie & Apple Crumble (in oven)

5:30 – 6:00 Eat & plan next session

Plan for next Workshop 22<sup>nd</sup> January 2010

Select Recipe(s)

Plan timings

Make shopping list

Discuss plan – timings & shopping list