

# Thames View Infants



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Dear Parents/Carers;

## Cooking with Claire is Back!

This Friday Cooking with Claire is back! Come in when you've dropped your child off on Friday and cook up a storm with me in the staff room.

As you may or may not know I love to cook! You name it, I will try my hand at it. Cakes, curry, soups, biscuits, pies, salads and the list goes on and on. I've got cook books handed down from my Grandmother, recipes that are years old and written on little bits of paper covered in flour and butter. Cooking is a big deal.

But, cooking can be expensive, time consuming, complicated and something that we can't do as much as we'd like. Perhaps, like a lot of people, you think you "can't cook", it all seems a mystery and it never turns out like it looks in the book.

This is why I started 'Cooking with Claire' a few years ago – whether you can cook, can't cook, won't cook; if you want to learn more recipes, get some new ideas for meals for your family, or maybe you just want to make some new friends and have a cuppa – Cooking with Claire is for you!

## Cooking with Claire on Friday mornings from this Friday - 19<sup>th</sup> January 2018.

- Savvy shopping and menu planning
- Recipes collecting and sharing
- Basic skills
- Sharing vouchers/special offers
- Top brands, own label vs "basics" – is there a difference?
- Healthy options and ingredients to look out for
- Fussy eaters
- Problem solving – "what goes wrong at home"!

All ingredients are provided by school free of charge.

I look forward to seeing you all there!

Yours sincerely,

Claire Smith  
Deputy Headteacher



We're a PAPERLESS School – so you must download & register your **ParentMail App** to receive e-newsletters, to book after-school clubs & Parents' meetings or to confirm consent for educational visits.