



COMMUNITY KITCHEN

eat well, live well

Join a group of like-minded blokes who come together on a regular basis to socialise, cook affordable and nutritious meals, and to enjoy a relaxed feed with other men.

Schedule:

Tuesdays
9.30am – 12.30pm

Venue:

Melton Men's Shed
Willows Historical Park
76 Reserve Rd, Melton
(Melways 337 C9)

Cost:

\$3 per week



At our Community Kitchen you'll:

- Make a group choice about what to cook
- Shop for the ingredients (or pick them from the Shed veggie garden)
- work in pairs to prepare a two-course meal
- then sit down for a well earned feed with your new kitchen mates

Registrations are essential

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Our Community, Our Future

