

Dear Delegate

We are very excited to welcome you to Workshop 5: Culinary Nutrition Masterclass.

This workshop is offsite at Sprout Cooking School and a map and entry instructions are in the attached flyer. Please arrive at 8:30am and read the attached information about what to wear. We recommend that long hair is tied back and loose or large jewellery is removed.

Following theory and workshop activity, everyone will be involved in hands on cooking and enjoying our shared meal together. The aim is that everyone cooks the same recipes in groups of 2-3 however, special dietary requirements registered with the conference will be accommodated where possible. The workshop will finish from 12:30pm and in time for anyone that needs to return to afternoon workshops.

If you have any questions in the lead up to the event please contact MC Emma Stirling emma.stirling@acu.edu.au or phone 0413 586 073 and do not contact Sprout Cooking School.

Thank you to Cobram Estate for generously supporting this workshop.