



Central Otago REAP Inc.
Membership Application Form
1 January - 31 December 2010

I wish to become a member of Central Otago REAP.

Name:

Contact person (if group):

Address:

Email:

Please find enclosed Annual Subscription of:

- \$10 (Individuals, Playgroups, Kohanga)
- \$10 (Non Profit organisations)
- \$20 (Kindergartens)
- \$30 (Schools/Businesses)

Membership of Central Otago REAP gives our community members the opportunity to vote at the AGM or stand for the Board

Information including newsletters will also be forwarded to you throughout the year keeping you updated on REAP activities.

Please return to:
*Administration Secretary,
CO REAP, 17A Brandon Street, Alexandra.*

Check out our website for information on courses coming up

www.coreap.org.nz

Learners are encouraged to provide any information that will meet their learning needs, for example a disability, literacy issue or cultural issue.

A qualified Career Coordinator at Central Otago REAP will be happy to help you with your plans for future employment and/or career path.

The office staff at Central Otago REAP will answer queries and provide access to a variety of community services.

Central Otago REAP, 17A Brandon Street, Alexandra
Ph: (03)448-6115, Fax: (03) 448-6345, Email:
admin@coreap.org.nz, Freephone: 0800 267 327



Healthy Cooking on a Small Budget



Monday Mornings
Starting 11 October

*with
Shona Bain*

Central Otago REAP



*This course is funded by the TEC
in conjunction with Catholic Social Services*

Venue: The Netball Pavilion
Molyneux Park
Alexandra

Tutor: Shona Bain

Cost: No Cost

Date: Mondays
11, 18 October & 1, 8 & 15 November

Time: 10am - 12pm

FREE childcare available

This series of five FREE cooking classes will teach you how to prepare healthy family meals at minimal cost. You will receive a FREE booklet of menus and recipes to keep and also some small samples of food to take home for your family to try!

Supported by Catholic Social Services

Over the next few weeks we are going to have fun cooking and learning to get back to basic, interesting, and tasty food cooked on a budget. We will learn how to shop for a bargain and the best times to shop. You will also learn how to sneak wholesome food into your family's stomach without them knowing. We will discuss all aspects of getting healthy and fitter as a family.

The health and well being of you and your families is very important. Because of increased obesity in adults and children we need to start looking at our lifestyles. We have become a fast food convenience driven society and in the last 20 years have become more reliant on fast food as we go about our busy lives. These classes are aimed at making subtle changes to our eating habits and also to help us all to develop a healthier life style.

Learning Outcomes:

At the conclusion of this course you will have had the opportunity to gain knowledge and skills to assist you to:

- Make your money go further and learn how to shop for a bargain
- Follow recipes for healthy family cooking
- Develop a healthier lifestyle and better eating habits for you and your family



About the Tutor:

Shona Bain

A Home Economics teacher for the past 25 years, Shona has developed great mentoring experience with young adults. Having brought up a family of her own on a budget she has evolved a simple philosophy, "use fresh simple ingredients to create nutritious tasty and economical foods for the family to enjoy together".

REGISTRATION FORM

Healthy Cooking on a Small Budget

Name:

Address:

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Phone:

Email.....

Ethnicity.....

Age Group: 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Dates: Mondays 11, 18 October & 1, 8 15 Nov

Tutor: Shona Bain

Fee: No Cost

Childcare Required:

No of children _____

Age/s _____

Please make cheques payable to Central Otago REAP and forward to Central Otago REAP, 17A Brandon Street, Alexandra 9320

OR

Payment can be made by direct credit to:

020916 0010890-00

(Please add your name as a reference)

CANCELLATION PROCEDURES

At least 3 days notice of cancellation is required for a refund.

For further information please contact:
Central Otago REAP, 17A Brandon Street,
Alexandra.

Phone: 03-448-6115, Fax 03-448-6345.

www.coreap.org.nz

Freephone: 0800 COREAP (267 327)