

Seabrook Community Centre

15 Truganina Avenue Seabrook 3028

Telephone: 9395 3010

Sustainability Workshops Series

These practical and fun workshops will help you learn new ways to support yourself and the environment.

Guest speakers and presenters will share their knowledge and experience on selected topics.

When: Saturdays 10.00 am

Cost: \$10.00 including refreshments

BOOK NOW TO SECURE YOUR SPOT



Saturday 24th July

Preserving your Produce

2 hours

Learn the best ways to cope with the glut and famine of fruit and vegetable crops

Take advantage of buying in season when produce is cheap and of best quality

Guest Presenter: Kate Pospisal

Morning tea

Saturday 14th August

Easy and Healthy Cooking for Your Kids

2 hours

Affordable and healthy meals and snacks for your children and family. How to get your children involved in menu planning and cooking

Take the stress out of family meal time

Guest Presenter: Rebecca Lindberg

Recipe Sampling

Saturday 28th August

'Chicken Run' -Tricks of the Trade and Tour

3 hours

The 'how to' for keeping chickens at home including what chickens need, chicken coops and feed, and local by-laws. Chickens and coops on display. Workshop concludes with short showcase tour around Hobsons Bay to home gardens and chicken runs.

Guest Presenters: Diana Rice George Said 'Book a Chook' service

Breakfast

Saturday 11th September

Raised Vegetable and Herb Garden

2 hours

Practical demonstration of making and planting a raised garden bed. Simple ideas and hints

Plant out with vegetables and herbs for home cooking.

Guest Presenter: Scott Hitchins

Morning tea



B O O K N O W P L A C E S L I M I T E D

Hobsons Bay
CITY COUNCIL