

14 March 2013

To whom it may concern

Last night my whanau had the In-home Nutrition evening with Positive Directions Trust.

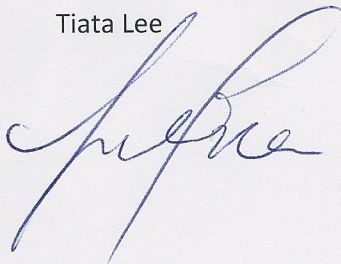
We all enjoyed the kai cooked by Sam. The great thing about it is it was very quick and very easy to prepare and cook and also tasted fantastic. Sam and Alana answered all our basic nutrition questions. For them to be informative while providing a meal was the next best thing to eating the kai.

This has caused a discussion between our whanau about whats actually in our cupboards and what we should be getting in our groceries.

We were given a recipe book which we will definitely try the recipes. Alana also promoted her fitness lifestyle alongside the food as being important.

We all enjoyed the evening.

Tiata Lee

A handwritten signature in blue ink, appearing to read 'Tiata Lee', written in a cursive style.