

To whom it may concern,

My family enjoyed the In-home cooking evening with Sam + Alana.

The meal Sam cooked was very yummy, easy to make and most of all the kids all ate it!

The information that both Sam and Alana was very helpful and we all learnt so much.

Since we have seen them we have made changes to our diet and are more aware of what we are eating and making better choices. I have also attempted some of the recipes in the recipe book Alana left us.

It was a really enjoyable, worth while evening!

Thankyou

