



Laura Vaughan

I am a qualified Chef, Food Teacher and Nutrition advisor.

I am the owner of a company called "Cook from Scratch" where I travel round Norfolk teaching people how to cook in their own home. Here is my website link: <https://www.cookfromscratch.info/>

I have had the pleasure of hosting sessions at 2 local Women's Institutes over the past few years.

I ran a session on: 'fun food activities for your family' where I taught fun skills to turn fruit and vegetables into creative animals and table displays. This included knife skills, fun facts and garnishing. As well as asking for volunteers to practice their new skills!

I've also attached some photos of my demonstration so you can see how we got on.

I received excellent feedback from both groups and offer a unique and creative experience which I think many more WI's would find interesting.

I charge £40 a session, and I'd love to visit your local group and run this creative demonstration.

If you are interested, please contact me at: cookfromscratch@outlook.com

I look forward to hearing from you.

Laura Vaughan



Norfolk



01603 861537



cookfromscratch@outlook.com



<https://www.cookfromscratch.info/>



