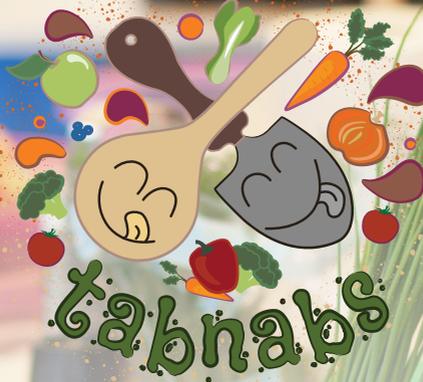


www.tabnabs.com

## TODDLER COOKING CLASSES & MESSY PLAY SESSIONS



find us on  
facebook



**Always homemade! Always natural sugars!**  
**Always sustainable!**

### Tabnabs Classes

Touch, explore and learn about food from the ground to your tummies! We will be celebrating local seasonal fruit and veg and encouraging children to have a positive, healthy and creative relationship with food!

### Tabnabs with Teeny Tots

**Age 6 months - 2 years**

A safe, enabling environment to introduce teeny tots to solids or continue to build confidence for those who have already started - the teeny tots take control; they decide whether they want to get messy, wet, watch or eat! Ingredients, whole foods and equipment will be available for open ended play and exploration. A change of clothes is recommended!

### Tabnabs with Tots

**Age 2 - 4 years**

A more structured natural progression from Teeny Tots. Children will have the chance to make and bake a different tabnab each week. As well as tasting, mixing and baking your tot will also start learning about safe food preparation and the natural world they are growing into AND have food to take home - if you don't eat it all on the way!

**We aim to show children how maintaining a healthy, balanced diet can be fun, sustainable and yummy!**

**Contact us to book your place**  
**info@tabnabs.com | 07802354299**

**CONTACT US TO BOOK**

**info@tabnabs.com | 07802 354 299**



**DON'T FORGET**  
to book your place!



# tabnabs

## Toddler & Baby Classes

**CONTACT US TO BOOK YOUR PLACE**

info@tabnabs.com | 07802 354 299

### TUESDAY

Priory Park Community Centre, Locks Heath

Tabnabs with Tots, 9 - 10 am

Tabnabs with Teeny Tots, 10.15 - 11am

[www.prioryparkcommunitycentre.co.uk](http://www.prioryparkcommunitycentre.co.uk)

### WEDNESDAY

Hamble Village Memorial Hall

Tabnabs with Tots, 9 - 10 am

[www.hvmh.org.uk](http://www.hvmh.org.uk)

### FRIDAY

Warsash Victory Hall

Tabnabs with Tots, 9 - 10 am

[www.victoryhall.org.uk](http://www.victoryhall.org.uk)



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