



(Damian Januski)

## From shed to kitchen

Blokes wanting to increase their confidence in the kitchen can join a new cooking group in Sunbury.

Men with Forks shows people, such as Paul Kviecinskas (pictured), how to prepare healthy and inexpensive meals without a fuss.

A spokesman for community health service provider cohealth, which runs the program with Sunbury Community Health and Djerriwarrah Education Services, says it developed after requests from men wanting to get together and learn more about how to cook.

"The benefit of men-only groups, such as

Men's Sheds, is well known," he says. "This group will provide another opportunity for men to have a yarn, a laugh, learn a new skill and eat healthy, tasty food."

No kitchen experience is required, "just an interest in transferring your skills from a power drill to a Mixmaster for a few hours every week".

The group meets at Sunbury Memorial Hall every Tuesday from 1-3.30pm. Cost: \$4. Details: 8746 1000 or email [info@djerriwarrah.org](mailto:info@djerriwarrah.org).

**Matt Crossman**