



# KIDS GIVING BACK

The next generation  
of generosity

## GIVE BACK AS A FAMILY!

Kids learn empathy and resilience through volunteering, and it's even more meaningful when adults join in to model kindness and teamwork.

Our family programs allow families make a real impact together, giving kids the gift of compassion and purpose.

### Little Helpers - Ages 5 to 7

*Saturday Family Sessions*

- A great way to introduce younger kids to our Cook4Good programs!
- Empowering them to give back in a fun, age-appropriate way.
- Create simple meal boxes for shelters and street kitchens across Sydney

Time: 2:00pm - 4:00pm  
Cost: \$50 per child  
(Free adult attendance)

### Cook4Good - Ages 8+

*Sunday Family Session*

- Cook colourful and nutritious meals for those facing homelessness.
- Learn new kitchen skills from our chef.
- Families will personally deliver the meals to those in need.

Time: 1:00pm - 3:30pm (+ approx.  
45 mins extra for delivery)  
Cost: \$50pp (adults & children)

## Don't miss our Father's Day Cook4Good

[events.humanitix.com/fathers-day-cook4good](https://events.humanitix.com/fathers-day-cook4good)

For more details, visit <https://kidsgivingback.org/cook4good/>  
or email [info@kidsgivingback.org](mailto:info@kidsgivingback.org)!