



# TELLING TALES OUT OF SHUL

## ‘Quick Healthy Family Meals’

with Guest Speaker

**Judianne Jayson**  
Tuesday 13th September  
3.30pm on ZOOM



<https://us02web.zoom.us/j/84102763198>  
Meeting ID: 841 0276 3198

Judianne will be showing us how to make a Herb & Lemon Crust Salmon, Israeli Salad & Apple and Honey Muffins. This will encompass a number of different skills and techniques and a whole dinner will be prepared.

Judianne is a Mum to 3 children – one of whom is vegan. She worked as a primary school teacher for over 25 years, and is a trustee for MyIsrael charity and the founder of ‘Quick Healthy Family Meals’.

She has always loved cooking (passed down from her maternal genes!) but became more interested in healthy eating after having children. She believes that what we put into our bodies impacts our health and that home cooked food is good because we know exactly what is in our food.

We live hectic lives and after hearing many people say how difficult they found it to come up with new, quick, healthy food ideas, she decided to start Quick Healthy Family Meals.

NEXT MEETING : 3.30pm Tuesday 8th November  
‘For Honour’s Sake: Jews in the British Armed Forces since 1745’  
with guest speaker Dan Fox National Chairman of AJEX

For more information : Please email Brenda Goldberg [brendagoldberg4@gmail.com](mailto:brendagoldberg4@gmail.com)