



Creative Ageing

Vintage Bites



Whiddon

About VintageBites

VintageBites is a creative cooking program run exclusively by Whiddon. The program aims to create a sense of community by bringing older people together through food, cooking and storytelling.



VintageBites provides great opportunities to have fun, learn new skills, reminisce and socialise over a meal with friends. VintageBites includes activities like cooking family or classic recipes, sharing food traditions and celebrating, learning food crafts like jam or pastry making, cooking for 1 or 2, and sharing skills with younger generations.

Food is a huge and emotive subject for many people and it touches on different areas of life and experiences. Food brings together family and friends, culture, traditions and celebrations, and affects our health and quality of life.

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