COMMUNITY FUND

Bromley mencap

Incorporating Bromley Scope



Cook Nutritious Meals on a Budget!

COST OF LIVING COOKING COURSE

Join our Cost of Living Cooking Course this January to learn how to plan, budget and prepare healthy, budget-friendly meals.

Every Thursday:
9th, 16th, 23rd, and 30th January

From 1-4pm

Station Road Training Centre,
Bromley North, BR1 3LP

Course Outline:

Weeks 1 & 3:

Plan a food shop, create a budget-friendly ingredient list, and learn about nutritious choices. You will need to set aside approx £5 to buy your own ingredients for the following week.

Weeks 2 & 4:

Hands-on cooking sessions where we'll make warming soups and hearty meals to take home or freeze.

Take home delicious, nutritious meals after each cooking session! Ingredients to be purchased by participants.

Please contact our Cost of Living Coordinator, Allison Gill, to book a place:

costofliving@bromleymencap.org

020 8466 0790 / 07714 686723