

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:
16th, 23rd, 30th January & 6th February**



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



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