COMMUNITY FUND

Bromley mencap

Incorporating Bromley Scope

Cook Delicious Meals on a Budget!

COST OF LIVING COOKING COURSE



Learn to cook, plan meals, and shop smart – with support along the way.

- **Thursdays from 19 June to 10 July**
- **1:00pm – 3:30pm**
- **Station Road Training Centre, Bromley North, BR1 3LP**
- **Cost: £5 per person (covers ingredients for Weeks 1–3, paid on Week 1). Plus extra money for Week 4.**

In Week 4, you'll use your own money to buy your chosen ingredients at Tesco – supported by our friendly Digital Champions

Course Outline

What you'll do each week:

- **Week 1: Cook a tasty main course**
- **Week 2: Make a delicious pudding**
- **Week 3: Make another pudding & plan your own shopping list**
- **Week 4: Go to Tesco to buy your ingredients using handheld scanners. (Don't forget your own money, shopping bags or trolley!)**

Spaces are limited – booking is essential!
Contact Allison Gill to book.

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