

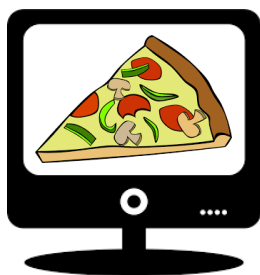
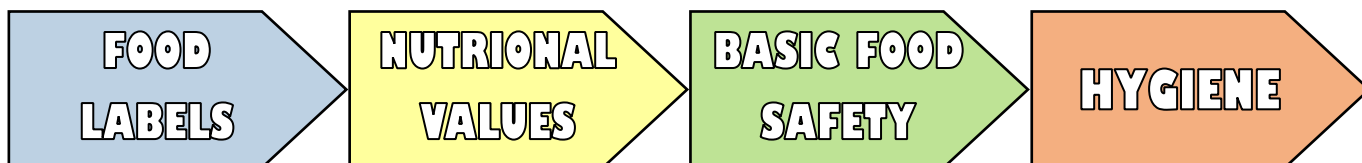


Can't Cook / Won't Cook?...

But We Can Cook!

Free 4 week community cooking project to empower participants to gain the confidence to cook healthy and nutritious meals on a low budget, and at the same time unite people in an enjoyable environment to combat social isolation and improve mental wellbeing.

Learn about:



And... using computers to find recipes and plan meals

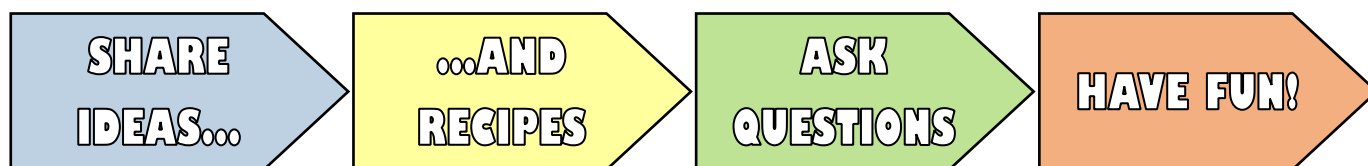


Inclusive sessions for all. We particularly welcome those who are new to living independently, those with young families, people on low/limited incomes, and those who feel isolated.

Sessions will cover:

- Keeping it Fresh - Soups and sauces
- Getting your 5-a-day the easy way - cooking with fruit and vegetables
- 'To Fry or Not to Fry, That is the Question' - Healthier cooking methods
- The 'Mince and the Pauper' - Cheap and healthy ways to cook mince

Fill your course folder with handouts on cooking and lifestyle tips, recipes & resources.



On completing, you'll receive a goodie bag with everything you need to continue your cooking journey.

Wednesdays 1:30pm-3:30pm at Christ Church, Brownsover, Rugby CV21 1JF

- 7th, 14th, 21st & 28th February 2018 -

- call 01788 553033 or email info@bennpartnership.org.uk to enrol -