



HM Government



Cook, Meet and Eat

**FREE
COURSE**



Sign up for our FREE cooking course, discuss ways to reduce food costs, produce a meal each week to take home plus loads more...

- Do the 'Take-Out' Challenge, use seasonal foods.
- Learn how to use a Slow-Cooker.
- Free recipe cards & ingredients provided each week.
- Certificate of attendance at the end of the course.

Eligibility - you must be aged 19 or older and **not** have Maths GCSE at grade C/4 or equivalent

**Charles Booth Centre, The Green,
Thringstone, Coalville LE67 8NR**

1, 8, 15, 22 August (4 sessions)

10.00am to 12.30pm

To book your place call
0800 988 0308 and
quote course code **23SN509N**

