

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

**Whitwick Scout Group HQ,
109 Leicester Road, Whitwick, LE675GN**

5, 12, 26 October and 2 November 2023

10.00-12.30

To book your place call
0800 988 0308 and
quote course code **23SN534N**

