

Would you like to learn how to:

- Build your **confidence** in the kitchen?
- Rustle up **quick** and **easy** meals from scratch?
- Cook **cheap** and **simple** meals for the whole family on a limited **budget**?
- Use **fresh** and **nutritious** ingredients to prepare a **healthy** and tasty meal for all the family?

Come along to our **free** 5-week course

WHAT'S COOKING? HEALTHY EATING ON A BUDGET

for parents, grandparents and carers of children under 17

Starting on Friday 15th November, 12.30-2.30pm



To book a place, please call **0161 253 5772**

Those who attend and pass will receive a £100 food voucher

Bury Adult Learning Centre

18 Haymarket Street, Bury, BL9 0AQ