



Ingredients provided!

Back to Basics Cookery Course

This **FREE** fun informal **5 week** course includes:

- **Cooking healthy meals from scratch**
- **Ways to include more fruit and vegetables in your diet**
- **A discussion topic each week around healthy lifestyles**
- **How to reduce food waste and creative ways to use up your leftovers.**



Course taking place at:

Greenhill Youth Centre

171 Waterworks Road, Coalville

Tues 23rd July – 20th August 2019

10.15 am – 12.45 pm

Course code: 18SN735P

