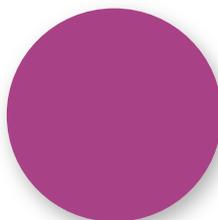


# Family favourites using a slow cooker



<b>Course dates:</b>	16 <sup>th</sup> January to 27 <sup>th</sup> March 2023
<b>Course day:</b>	Mondays
<b>Course times:</b>	9.30 am – 12.30 pm
<b>Duration:</b>	10 weekly sessions
<b>Location:</b>	The Everleigh Centre
<b>Getting to know you:</b>	Monday 9 <sup>th</sup> January @ 9.30am

This short, practical and fun course aims to help learners:

- Learn how to cook tasty and affordable recipe in a slow cooker
- Learn the history of the slow cooker, it's uses and the diversity of food that can be cooked
- Explore the benefits of healthy and nutritious food
- Use maths skills to weigh, measure and increase the quantities cooked in the slow cooker

**\*All equipment and ingredients provided.**



To enrol for this course please email our tutor at [LPhilpott@swindon.gov.uk](mailto:LPhilpott@swindon.gov.uk) You can also find details of other planned courses at [www.swindon.gov.uk/adultlearning](http://www.swindon.gov.uk/adultlearning)

**Please note:** The Swindon Borough Adult Community Learning Team are funded by the ESFA to engage adults and provide them with the skills and learning they need to progress into work, further learning or volunteering. We offer these courses free of charge to our priority learners who are eligible. To find out if you're eligible for these courses, please contact us or visit <https://www.swindon.gov.uk/adultlearning>.

