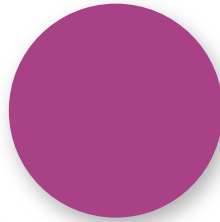


Tasty and affordable cookery



Course dates:	16 th January to 27 th March 2023
Course day:	Mondays
Course times:	1.30 pm – 4.30 pm
Duration:	10 weekly sessions
Location:	The Everleigh Centre
Getting to know you:	Monday 9 th January @ 1.30 pm

This course aims to expand on learners' basic cooking skills, whilst continuing discussions around healthy eating and the nutritional requirements for a healthy diet. This will remind learners how to make informed choices when deciding what to eat. The course focuses on using inexpensive and nutritious ingredients (with a focus on tin cans) and gives learners the opportunity to put their increased cooking skills to not only create more complex tasty and healthy meals but also to batch cook and to use accompaniments for next day lunches.

***All equipment and ingredients provided.**



To enrol for this course please email our tutor at LPhilpott@swindon.gov.uk You can also find details of other planned courses at 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>.

