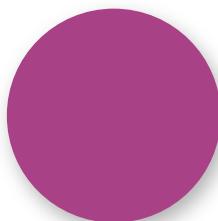


Tasty & affordable cookery for families



Course dates:

Fridays

15th September to 13th October

Times:

9 – 11am

Location:

Buckhurst Community Centre

Tasty and affordable cookery focuses on using inexpensive and nutritious ingredients to give learners the opportunity to develop their knowledge and skills to make healthy, home cooked food using basic cooking techniques. Learners will plan and create tasty and affordable meals and snacks for all the family. Each week, the group will enjoy the food together and discuss how their ideas can be implemented at home. This is a basic cooking class for people with little or no cooking/kitchen experience.

By the end of the course learners will be able to:

- Develop basic food prep skills
- Develop basic cooking skills
- Use a budget to create tasty family meals for a reasonable price

Learners can progress on to other cookery courses to develop more cookery skills and explore further ideas for affordable and nutritious meals.



To enrol for this course please express your interest to your school or email our tutor, Alison, directly on APreston@swindon.gov.uk. You can also find details of other planned courses at www.webenrol.com/swindon.

Please note: 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>.

