

**Learn to Cook**

**and**

**Eat Healthily**

**on a Budget**



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* **Gain knowledge about healthy eating and practical skills to produce a range of healthy meals on a budget.**
* **Choose, budget for, and cook tasty and healthy meals.**
* **Build skills, confidence, and knowledge.**
* **Bring your own Tupperware tub to take your food home.**

**The Wellspring Healthy Living Centre, Beam Street, Redfield, BS5 9QY.**

**Every Monday from 15th July 2.30pm – 5pm until Monday 29th July.**

**For those who want to continue learning about food, diet, food safety and healthy eating on a budget. There will be a follow up course to the taster session which will run for 6 weeks, further in the year.**

**If you have any questions, please contact Colin Young.**

**Phone: 07901 236 436. Email:** [**Colin.Young@bristol.gov.uk**](mailto:Colin.Young@bristol.gov.uk)

**Eligibility: Adults 19+ with no or low qualifications.**

**Free 3-week taster sessions:**

**Learn to cook healthy meals and get to know some theory and myths about diet.**