

Healthy Eating

On A Budget!



To register interest today
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Save money on food and fuel with this **FREE** cooking course!

Learn to cook healthy meals, on a budget!

You will be given **FREE ingredients** to cook with and recipes to take home.

During the course, you will learn the basic maths skills needed for cooking as well as **saving money!**

Learn about **healthy recipes** and good diet habits!

This is a practical, interactive and fun course for you to **get involved in!**



Air Fryer Hacks

You'll learn how to make fast, cheap, and healthy food, using an **Air Fryer!**

Available Cooking Course Start Dates

Tuesday 16th September to 28th October

10:30 - 12:30 | Healthy Cooking on a Budget

Tuesday 16th September to 28th October

13:00 - 15:00 | Healthy Cooking on a Budget

Courses run for **6 consecutive weeks**, you must be able to **attend all 6 weeks** to partake in the course



These courses take place
at **CycloPark Charity!**

CycloPark, The Tollgate, Watling
Street, Gravesend, Kent, DA11 7NP
www.cyclopark.com | 01471 831 400

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Delivered by:

**COMMUNITY
LEARNING
AND SKILLS**

