

Cook and Eat Well Course

(5 week Family Healthy Eating Course)



When: Tuesday 14th January – Tuesday 11th February

Time: 10am – 12noon

**Where: Pilgrim's Way Children's Centre
Tustin Estate,
Manor Grove,
SE15 1EF**



What you will gain

- Knowledge about healthy eating
- New skills in cooking, budgeting and shopping
- New recipes to try with your family
- Chance to meet new people

On completion of a course you will get:

- a certificate
- a copy of our community recipe book 'Together we cook'

**For more details please call Pilgrim's Way Children's Centre on:
0207 358 2870**

Cook and Eat Well Course

(3 week family healthy eating course)



When: Every Wednesday
15th 22nd 29th January 2020
Time: 13:00 – 15:00

Where: Crawford
Family and Children's Centre
Crawford Road SE5 9NF

For more information contact Natalie on:
020 7274 8543

What participants will gain

- Knowledge about healthy eating
- New skills in cooking, budgeting and shopping
- New recipes to try with their family.

Chance to meet new people

On completion of a course participants will receive:

- a certificate
- a copy of our community recipe book *Together we cook*

