



THE NOAH ACADEMY

TRAINING AND EMPLOYMENT

Cooking on a Budget

Uncover the inner chef in you from the comfort of your home. Join our 6 session online cookery course and explore new recipes and techniques whilst socialising and connecting with new people.

By the end of the course, you'll be able to -

- Demonstrate Health, Safety and Food Hygiene with cookery and food preparation
- Explore the benefits of cookery for positive wellbeing
- Prepare and cook one cold meal and one hot meal
- Connect with others online during isolation



Central Bedfordshire Council
and Bedford Borough Council
working together



Apprenticeship



Education & Skills
Funding Agency



This course is **FREE** and funded through Bedford Borough Council, Central Bedfordshire Council, the Education & Skills Funding Agency and the European Social Fund.



The course will run on
Mondays and Fridays from **13:00 - 15:00** for **3**
weeks.

Start Dates:

Monday 29th June 2020

Monday 20th July 2020

Who is this for?

This course is designed for anyone who would like to learn how to cook on a budget and make the most of everyday items you can find in your kitchen

Please contact us if you wish to book a place for yourself or a friend.

✉ academy@noahenterprise.org

☎ **01234 581108**

NOAH Academy, 20-22 High Town Road, Luton LU2 0DD.

Charity Registration Number 1059672

Course information updated 16/06/2020