



Cooking on a Budget

Online



Discover your inner chef from the comfort of your own kitchen. Join our **free 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

COURSE INFORMATION

This course takes place online using Zoom on **Wednesdays** and **Fridays** from **13:00 - 15:00** for **3** weeks.

WHO?

This course is designed for anyone who would like to learn how to cook on a budget and make the most of everyday items . **ALL** ingredients are provided by us and will be delivered before your lesson.

Participants **must** have:

- A valid email address
- Access to the internet
- Access to a laptop, phone or tablet that can connect to Zoom

BOOKING

Please contact us to book a place for our next available start date!

 academy@noahenterprise.org

 **01582 726152**



Central Bedfordshire Council
and Bedford Borough Council
working together



Apprenticeship



Education & Skills
Funding Agency



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