

FREE COURSE ONLINE OR FACE TO FACE LEARNING

FAMILY LEARNING...

Ministry of Food



Do you enjoy cooking together as a family? Over a six-week period, your family will learn how to cook a range of healthy meals on a budget whilst learning about how different foods keep us fit and healthy. Each week you will receive a FREE recipe pack with all your ingredients and a Zoom link. All you need to do is login and we will cook along with you, giving you plenty of hints and tips!

Course start date: **Tuesday 23rd March 2021**, from 4:30-6:3pm and lasts for six weeks.
The closing date for bookings is **midday on Monday 22nd March 2021**.

For more information or to register your interest, please email or contact Sarah Coyne using the contact details below.

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THE WORLD AT YOUR FEET

Foundation of Light uses the power of football to involve, educate and inspire young people and their families through a broad range of innovative programmes helping improve lives across the North East.

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