

**ARE YOU WORRIED ABOUT
THE COST OF FOOD AND
ENERGY THIS WINTER?**

**WOULD YOU LIKE TO LEARN TO
COOK HEALTHY MEALS TO
FEED YOU OR YOUR FAMILY
CHEAPLY?**

**JOIN A FREE 3 WEEK
COOKING COURSE**

**FREE
COOKING
SESSIONS**

The free cooking sessions will take place at **The Centre, Pendeen on Tuesdays from 11am to 2.30pm, starting on 15th November.**

Each course will last for three weeks. All lessons and ingredients will be free of charge.

A new group will start every three weeks. Not only will you receive tips on how to cook economically but you will also go home with three meals to feed a family each week.

Register Now

**STARTING:
TUES 15TH NOV
11AM - 2.30PM
THE CENTRE
PENDEEN**

If you would like to join in these fun sessions please contact Liz Wilkin:
email: liz.wilkin@cornwallrcc.org.uk or call: 01736 731395