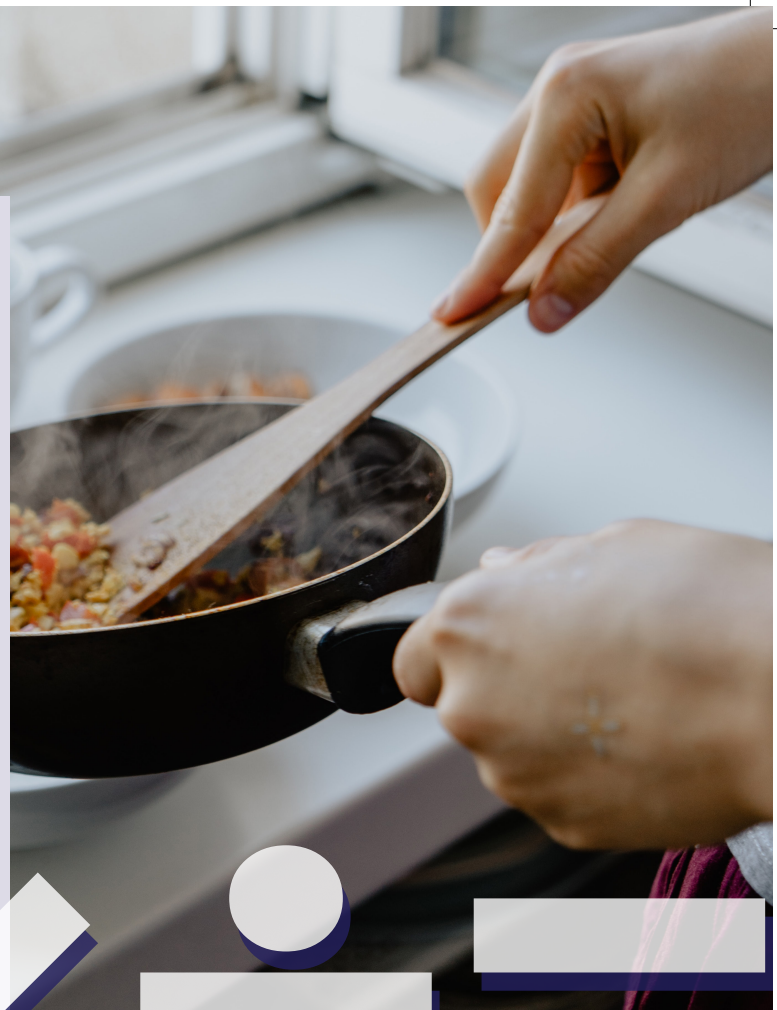


STEP SKILLS
Multiply

Make Do and Cook

Making the most of your store cupboard staples to create healthy, tasty, low budget meals, in a flash!



This course helps you make the most of your store cupboard. It will look at the current cooking habits and highlight areas where savings can be made.

It will improve your confidence in cooking from scratch on a budget.

A chance to meet with other local people and share money saving tips and recipe ideas.

To book your place, please visit:

www.communities1st.org.uk/CommunityLearning

Email: training@communities1st.org.uk

Call: 01727 649950

Or alternatively, scan the QR Code below:



@1stCommunities



**SKILLS
FOR LIFE**



Communities 1st
Working with you to make a bigger difference