

Would you like to learn how to:

- Build your **confidence** in the kitchen?
- Rustle up **quick** and **easy** meals from scratch?
- Cook **cheap** and **simple** meals for the whole family on a limited **budget**?
- Use **fresh** and **nutritious** ingredients to prepare a **healthy** and tasty meal for all the family?

Come along to our **free** 5-week course  
**WHAT'S COOKING? HEALTHY EATING ON A BUDGET**  
for parents, grandparents and carers of children under 17

**Starting on Friday 12th June, 12.30-2.30pm**



Please call **0161 253 5772**  
to book a place on the course at  
**Bury Adult Learning Centre**  
**18 Haymarket Street, Bury, BL9 0AQ**