

**FREE**  
**Courses to Promote Wellbeing**  
**for Families and Adult Residents of Greenwich**

All sessions are on zoom and you will need a smartphone, tablet or computer with Internet access.  
You can cook with your family or on your own.

**Cooking on a budget together**

Every Monday 4-6pm from 22<sup>nd</sup> February until 29th March



Have fun with your family learning new recipes and improving your culinary skills. Each week we follow a different recipe, cooking it together and giving feedback. We will also learn facts about the food and the country of origin.

Classes are small and friendly. Previous dishes have included: Homemade pizza, Shepherd's pie, Moroccan tagine and blueberry muffins.

What learners have said:

"Delicious food thank you, I'm going to cook this again."

"Really fun today. Very proud of myself if I am honest!"

"My Monday night meal is sorted."



22<sup>nd</sup> Feb – Easy prawn paella and banana cake

1<sup>st</sup> March- Chicken Jalfrezi and homemade chapattis

8<sup>th</sup> March – Chickpea curry and carrot cake

**To book a place or for more details email, call or text**  
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