



Funded by
UK Government

Healthy Cooking on a Budget



Hampshire
County Council

**SKILLS
FOR LIFE**

Course Information

This **FREE** Healthy Cooking on a Budget Workshop is perfect for adults who would like to know more about how to prepare cheap, filling and nutritious meals. You will:

- Discover the health benefits of home cooking
- Explore the benefits of using a slow cooker to save you money on your energy bills
- Consider food safety points when using slow cookers; including how to safely store and reheat batch cooked foods
- Sample a delicious home cooked meal
- Take home a slow cooker and cooking equipment to practice your new skills.

Commitment

- ✓ You will attend a workshop led by an experienced professional tutor
- ✓ You will take part in discussions and tasks about healthy eating
- ✓ You will receive a demonstration of a meal being prepared and get the chance to try a tasty, nutritious home cooked meal
- ✓ You will be offered opportunities to progress to further learning

Eligibility & Contact Details

This course is **FREE OF CHARGE** and funded by the UK Government for eligible adults age 19+ who are living in Hampshire. If you would like more information about this workshop, please contact our friendly team at: adult.learning@hants.gov.uk.

How to Apply

It's simple! Search for the workshop you would like to attend at [Learning in Libraries – Hampshire County Council Shop](#) or scan the QR Code with your phone to go directly to the website. Complete the online application form to book your **free** space today.

