



FREE healthy cooking course

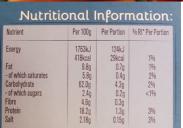
Over 50 - join us at

Get Cooking

A series of practical workshops over six weeks, based on essential healthy eating messages.

Learn how to produce affordable meals, whilst covering a range of nutritional information, as well as how to help reduce the risk of health conditions. Help prepare and sample wholesome food.





Reference Intake of an average adult (8400kJ / 2000kc Per Portion = One 7 g slice of flatbre Approximately 18 portions per pa

Ingredients

WHEAT Flour (WHEAT Flour, Calcium, Iron Niacin, Thiamin), Mature Cheddar Cheese (10%) (Cheddar Cheese (<u>MILK</u>), Potato Starch), Cheese Powder (<u>MILK</u>) (9%), Wholegrain <u>RYE</u> Flour (8%) Black Pepper (1%), Salt

> Allergy Advice: For allergens, including cereals containing gluten, see ingredients in <u>BOLD</u>. May Also Contain: Soya.

Hope House 7 Zoar Street, Lower Gornal DY3 2PA (street parking)

Weekly starting Monday 13th January 2020 11.00am - 1.00pm

To find out more and to book a place, call Health and Wellbeing Project on 01384 343535

or email Health&Wellbeing@ageukdudley.org.uk

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