

# 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.



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

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



### Nutritional Information:

Nutrient	Per 100g	Per Portion	% RI* Per Portion
Energy	1763kJ 418kcal	124kJ 29kcal	1%
Fat	9.8g	0.7g	1%
- of which saturates	5.8g	0.4g	2%
Carbohydrate	62.0g	4.3g	2%
- of which sugars	2.4g	0.2g	<1%
Fibre	4.6g	0.3g	
Protein	18.2g	1.3g	3%
Salt	2.18g	0.15g	3%

\*Reference Intake of an average adult (8400kJ / 2000kcal)  
Per Portion = One 7 g slice of flatbread  
Approximately 18 portions per pack

### Ingredients:

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

Allergy Advice: For allergens, including cereals containing gluten, see ingredients in **BOLD**.  
May Also Contain: Soya.

To find out more and to book a place, call

**Health and Wellbeing Project**

on **01384 343535**

or email

**Health&Wellbeing@ageukdudley.org.uk**