



SLOW COOKER COURSE

Learn how to cook healthy food on a budget with our **FREE** cookery course.

Our 4-week course will help you prepare healthy, nutritious, and delicious recipes. Reducing food waste and more!

Everyone who completes the course will receive a **FREE** slow cooker worth £40 on completion of 4 sessions.

Every Wednesday

10th January - 31st January.

9:30 - 10:45 & 11:45 - 12:15PM

SNODLAND CHILDRENS CENTRE, MALLING ROAD, ME6 5JG

Join us for the first part of the session to prepare the recipe, go home or for a little walk whilst our chef fast cooks the meal and then come back to eat all together or take away with you. Children welcome for the eating part only.

BOOK YOUR PLACE!!

Email tmcc@kent.gov.uk

Call 03000 418008

