

Would you like to learn how to:

- Cook some of your children's favourite **school dinners** from the comfort of your own home?
- Use **fresh** and **nutritious** ingredients to prepare a **healthy** and **cheap** meal for all the family?
- Recipes provided by Bury Council's very own **School Catering team!**

Come along to our **free** 5-week course
WHAT'S COOKING? SCHOOL DINNERS SPECIALS!
Healthy Eating on a Budget for Busy Parents
Starting on Friday 14th November, 12.30-2.30pm



Please call **0161 253 5772**
to book a place on the course at
Bury Adult Learning Centre
18 Haymarket Street, Bury, BL9 0AQ