

# JOIN OUR FREE, FUN COOKING COURSES

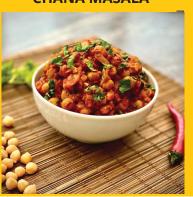
...all you need is a kitchen and a phone!



# SAVE MONEY, COOK BETTER THAN THE TAKEAWAY

Free, fun cooking courses AT HOME, Cook great food in just 2 weeks! Impress friends and family

**CHANA MASALA** 



**ITALIAN PASTA SAUCE** 



MIDDLE EASTERN PILAF



Exciting meals can be quick, fun, easy and cheap to cook with our FREE (ingredients included), flexible, home based short courses.

Tel: Email: 07915 923930 cooking@loveworks.org.uk www.loveworks.org.uk Are you worried about the rising cost of food and how to eat healthily on a tight budget?

Then join one of our free, fun cooking courses. Learn how to make delicious, healthy meals from all over the world whilst saving money.

All you need is a kitchen and a phone!



All we ask is that you cook the three recipes and send us photos of your lovely food!

### How long does it take?

About two weeks, but you can work at your own pace

## How do I join?

- Call/Whatsapp **07915 923930**
- Email cooking@loveworks.org.uk

Once we've confirmed your registration, we'll contact you to arrange your delivery

# \* Free course for qualifying participants only

#### **About the course**

- \*FREE\*
- Cook tasty, healthy meals, cheaply
- Get tips on how to budget and save money when you're shopping
- ·Learn how to waste less

#### How does it work?

- We deliver 3 step-by-step recipes and all the ingredients you need, straight to your door
- Your personal mentor will support you by phone or WhatsApp with lots of tips and advice along the way
- At the end, you'll get a free gift of wallet-friendly recipes





EAT LESS TAKEAWAYS



SAVE MONEY



IMPROVE HEALTH



HAVE FUN