Do you want to eat healthier, learn new recipes and save money?

Come along to one of our sessions at Elizabeth Yarwood Court where you can learn how to cook healthy, tasty meals on a budget.

Wednesday 2nd March
Observe a cooking demonstration before sitting down to share a balanced and nutritious meal of Spanish meat balls in homemade sauce served with spaghetti.

Wednesday 9th March
Watch how it's done and then have a go at home. You'll be given all the ingredients needed to make a delicious one-pot spicy chicken cooked with butternut squash, mixed peppers and coconut milk. Served with boiled rice.

Wednesday 16th March
Observe a cooking demonstration and then sit down to share a wholesome fish pie, made with three types of fish and topped with sweet potato mash.

Wednesday 23rd march
Learn how to make the all-time favourite cottage pie dish, served with green beans. Take away all the ingredients to have a go for yourself at home.

Wednesday 30th march
Sit down to enjoy a barley bean vegetable and chorizo soup at our final demonstration session. Served with crusty bread roll.

Places are extremely limited so please reserve your spot by phoning Scheme Manager Donna Shaw on 0300 555 0128 or email info@S4Bmanchester.co.uk.

Elizabeth Yarwood Court,
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