

Healthy Cooking on a Budget for Carers

FREE course for Derbyshire Carers

**Mondays from 10am to 12 noon
6 weeks, starting 9 November 2020**



Healthy Cooking on a Budget

This course is for:

Carers who want to learn how to create simple and balanced healthy meals using affordable, fresh ingredients.

You will learn:

The course will cover:

- Planning and cooking healthy and nutritional meals
- Weight management tips/food choices (including portion control / understanding food labelling)
- Cooking/shopping on a budget
- Quick and easy meals
- Bulk cooking for freezing
- Easy options for leftovers
- Special dietary needs (medical conditions)

This course will be delivered remotely using Zoom so you will be part of a live class, with a tutor, but with everyone doing the cookery lessons in their own home. There will be chance to ask questions and put what you have learned into practice.

What to prepare:

You will need either a smart phone, tablet, laptop or other computer with internet access to take part in sessions.

You will be sent recipes in advance so you can buy ingredients and get equipment ready if you want to cook the recipes with the tutor each week (though you can just watch and try them later). Your tutor will also give you guidance. Please wear an apron if you have one.

How to access your course:

You will be sent an email the week before the course is due to start with a link to join the course. You can use the same link each week.

How to book:

To book a place on the course contact:

Katie Matkin / Katie.Matkin@derbyshirecarers.co.uk / 07773 173 416

Numbers are limited so book soon to avoid disappointment.