

# FAMILY LEARNING



## 6 Week Online Course

*Making food & money go further!*

### Topics will include:

- Food concerns from fussy eaters to cooking with little to no equipment!
- Shopping strategies – where, when & how...
- Storing food tips & Batch cooking
- Tips for eating EVERYTHING you buy
- A cook along!!
- Ideas for weekend 'takeaway' meals

**Optional extra...** Parents/carers could support their child to take part in a food project alongside these sessions, in which their child could achieve a Hi5 Award.

**Every Wednesday from 27<sup>th</sup> October 2021**

**12.30-2.00pm afternoons on**



**For more information or to book a place**

**email: [CLL@midlothian.gov.uk](mailto:CLL@midlothian.gov.uk) call or text: 07919 069 267**

