

Virtual Cook and Eat Well course

Join a virtual 5-week (plus an introductory session) Cook and Eat Well course.



What will I learn?

- New cookery skills and how to make your family meals healthier
- Healthy eating tips for your family
- How to read food labels and make healthier choices
- Budget recipe ideas
- Impact of sugar, fat and salt on health

You will receive:

- **£5 Rose vouchers each week**
- **Certificate (subject to attending at least 3 sessions)**

For parents with children aged 0-5 years old

Available in English and Spanish



To book your place:

Email your name, telephone number, postcode to:

cookandeatwell@gstt.nhs.uk

The courses are running on a first come first served basis.