



# No Waste Cooking

Cooking with Confidence

Gentle introduction to basic cooking skills making the most of the ingredients in your cupboard!

We decide what we are cooking each week based on any excess ingredients from our Community Cupboard.

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**WEDNESDAY'S**

**10:30 - 12:30**

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**Basic Food Hygiene and Health & Safety**

**Cook your own lunch for the day!**

**Learn how to make healthy meals on a budget**

**Opportunity to do Level 1/2 Food Hygiene after.**

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**To sign up or for more information  
please ask a member of staff or email**

**[carla.green@thevinecentre.org.uk](mailto:carla.green@thevinecentre.org.uk)**