

# Shoreditch Trust

## FOOD FOR LIFE COOK AND EAT



**Would you like simple cooking and nutrition advice to make healthy, affordable and achievable meals?**

Shoreditch Trust's Food for Life team run free community cook and eat courses where you can meet others, learn everyday cooking skills and techniques and try new recipes and cuisines.

## DATES AND VENUES - July-October 2018

New Kingshold Community Centre (E9 7LP)	Family course With BoxFit for children	Every <b>Tuesday</b> 5pm-7pm <b>6 weeks:</b> 24th July - 28th August
Banister House Community Centre (E9 6BP)	Adult course (18+)	Every <b>Tuesday</b> 6pm-8pm <b>6 weeks:</b> 4th Sept - 9th Oct
Stamford Hill Community Centre (N16 6RZ)	Family course (parents/carers and children)	Every <b>Monday</b> 4-6pm <b>6 weeks:</b> 10th Sept—15th Oct
The Shoreditch Trust Healthy Living Centre (N1 6JP)	Food for Life Social (adults 18+)	Every <b>Thursday</b> 11 am -1 pm <b>10 week terms:</b> all year

Limited spaces available, to book contact:

020 7033 8529 | [food@shoreditchtrust.org.uk](mailto:food@shoreditchtrust.org.uk)

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