

FREE COURSE ONLINE OR FACE TO FACE LEARNING

# FAMILY LEARNING...

## Ministry of Food

Do you enjoy cooking together as a family? Over a six-week period, your family will learn how to cook a range of healthy meals on a budget whilst learning about how different foods keep us fit and healthy. Each week you will receive a FREE recipe pack with all your ingredients and a Zoom link. All you need to do is login and we will cook along with you, giving you plenty of hints and tips!

Courses start week beginning **Monday 18<sup>th</sup> January 2021**. You can choose between the following sessions:

- Monday, 4-6pm
- Tuesday, 4-6pm
- Wednesday, 4-6pm
- Thursday, 10-12pm

To register your interest, please use the QR code or email [Catherine.watson@foundationoflight.co.uk](mailto:Catherine.watson@foundationoflight.co.uk)



**FOUNDATION OF LIGHT**

THE WORLD AT YOUR FEET

Foundation of Light uses the power of football to involve, educate and inspire young people and their families through a broad range of innovative programmes helping improve lives across the North East.

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