

FREE COOKERY COURSE ONLINE

We can't meet face-to-face yet, but we can still get together to cook some healthy, delicious, quick & easy recipes online



6 sessions beginning

Wed 4 Nov 10.30am-12.30pm

You need to download the Zoom app onto the device you're going to use & an email address

Step 1: book yourself a place by emailing michele@risc.org.uk

Step 2: you'll receive the recipes & Zoom invite by email a week before the course, or find the recipes on the Food4families website

www.food4families.org.uk/CookeryBlog.cfm

Step 3: buy the ingredients

Step 4: log on to the Zoom invite to take part