

Cooking for One

What's included

- Learn basic cooking skills to help you prepare tasty, affordable and healthy meals for one
- Hear from a qualified dietician who will teach you about healthy eating
- Sit down with your fellow participants and enjoy the meals you have prepared
- Learn about safety in the kitchen
- Learn about using different cooking utensils and equipment

Course details

The course involves six, two-hour cooking sessions facilitated by volunteers. All the sessions will be hands-on.

What you'll receive

A sense of confidence that you can cook basic and delicious meals for yourself plus gain friendships and networks with participants who may be in the same situation as yourself.

Course dates

- Wednesday, 6 April 2022
- Wednesday, 13 April 2022
- Wednesday, 20 April 2022
- Wednesday, 27 April 2022
- Wednesday, 4 May 2022
- Wednesday, 11 May 2022

Time

6pm - 8pm

Venue

Glenroy College
120 Glenroy Road, Glenroy

Cost

We charge a \$20 refundable booking fee (subject to terms and conditions); and \$5 per week towards the cost of ingredients.

Total Cost - \$50

Booking:

<https://www.trybooking.com/BNMZP>

Book today

PH: 0451 717 401
E: info@imstilllearning.org
W: imstilllearning.org
FB: [imstilllearning.org](https://www.facebook.com/imstilllearning.org)