



IT'S BACK IN JANUARY 2016!...

OUR FREE BUDGET COOKERY COURSE

Learn to cook and how to make the most out of your food parcels with the help of the Parish of Wilmslow's food bank 'FoodFriend' at St Bartholomew's Church

If you feel you need help learning to cook healthy, tasty, low-cost meals for you and your families, you may be interested in our next round of Saturday morning cooking sessions early next year.

You will be given tips, advice and recipes, all the ingredients you need and will be awarded a certificate of completion .

- **For dates, more information or to book a place, please see Flo or call her on 07592 582567 with any dietary requirements.**

