

TRAIN THE TRAINER

Healthy Cooking on a Budget



ABOUT

The Cooking on a Budget Train the Trainer course will provide you with the skills and knowledge to deliver safe and healthy Cooking on a Budget Sessions to your service users. You will be provided with a Let's Get Cooking resource folder that includes recipes and activity ideas. You will also receive continued support from the Healthy Lifestyles Team to deliver your cooking sessions.

VENUE

The Acorns Family Hub,
Nestor Grove, Hull, HU9 4DB

DATE

Thursday 20th February 2025

TIME

10am - 4pm

MORE

By the end of the training you will be able to:

- Demonstrate safe knife skills
- Recognise food hygiene measures required during cooking sessions
- Understand the importance of having a healthy balance diet
- Cook a variety of healthy, nutritious recipes on a budget
- Utilise a variety of cooking resources and recipes to share with your service users

BOOK ON NOW!

Training delivered by:



Please complete the following information and return your booking form to:

Helen Nicholson - helen.nicholson@hullcc.gov.uk

Name:

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Job title:

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Organisation:

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Contact Number:

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Email Address:

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