



NB. This picture is for illustration purposes only

What is this course about?

This course will teach you the basic skills that will build your confidence in the kitchen. You will learn how to make nutritional meals for one or two people, or to feed your family on a budget.

Your journey will take you from being an enthusiastic beginner to a practical working level.

Topics include:

- Learn the basics of cooking styles, techniques and methods
- Explore different food textures and flavours
- Cooking with dried food such as pasta, rice, beans and pulses
- How to make more nutritionally balanced meals for all to enjoy
- Get to know about herbs & spices and how they can change the taste in recipes
- Learn how to adapt recipes to suit your own taste
- Learn how to grow your own soft fruits, vegetables or herbs
- What vegetable are in season and how to make the most of them

Cooking on a Budget

How will I learn?

This is a hands-on, practical experience so you will be using the ingredients to create your own dishes. Your tutor will provide advice, guidance and support throughout the session.

What materials will I need?

Please bring an apron, containers to take some food home and a strong bag (not a plastic carrier bag).

Ingredients will be provided for the **first session only**. You will be responsible for bringing your own ingredients for following sessions but this course is designed for those on a tight budgets so costs will be kept low.

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Please see page 2

www.warwickshire.gov.uk/adultlearning

Course costs

For further information regarding fees, concessions and refunds, please see our website

www.warwickshire.gov.uk/adultlearning

Alternatively, contact your local area office for further advice.

Payment methods

We can accept payments by **cash or cheque only**.

In order to claim any fee concessions, please bring in proof of eligibility.

NB We are unable to accept credit/debit cards for payment

Attendance

In order to get the most out of your course you will need to attend every week. If you know you are going to miss several sessions e.g. because of holiday, please talk to a member of staff before enrolling.

Do you have an additional support need?

There are many ways in which you can receive help with your learning.

If you feel you may need additional assistance please contact us before enrolling to discuss your requirements.

For further information please contact:

01926 738978 (Leamington Spa) aclsouth@warwickshire.gov.uk

02476 353065 (Nuneaton) aclnorth@warwickshire.gov.uk

01788 552933 (Rugby) rugbyacl@warwickshire.gov.uk