

FREE COURSE ONLINE OR FACE TO FACE LEARNING

FAMILY LEARNING...

Family Learning: Ministry of Food

Do you enjoy cooking together as a family? Over a six-week period, your family will learn how to cook a range of healthy meals on a budget whilst learning about how different foods keep us fit and healthy. Each week you will receive a FREE recipe pack with all your ingredients and a Zoom link. All you need to do is login and we will cook along with you, giving you plenty of hints and tips!

Courses start week commencing date: **Monday 3rd May 2021** and lasts for six weeks. You can choose between the following sessions:

Tuesday, 4.30-6.30pm

Wednesday, 4.30-6.30pm

The closing date for bookings is **midday on Monday 26th April 2021.**

For more information or to register your interest, please email or contact Catherine using the contact details below.

Email:

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FOUNDATION OF LIGHT

THE WORLD AT YOUR FEET

Foundation of Light uses the power of football to involve, educate and inspire young people and their families through a broad range of innovative programmes helping improve lives across the North East.

Registered Office: Beacon of Light · Stadium Park · Sunderland · SR5 1SN

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