

# Food For Life



- FREE for ages 16 – 24
- Join us for a series of fun cookery sessions to build confidence and skills in the kitchen.
- Gain knowledge in how to adapt recipes, shop on a budget, batch freeze and use seasonal ingredients. All ingredients included!
  - Discuss the importance of eating more healthily
- In addition, gain qualifications in Food Safety, First Aid and Health & Safety and tips on how to manage your money.
  - Lunch is included for all sessions and travel is reimbursed.

To find out the next dates, please look on the first-floor notice board.

If you would like to book a place on this course or would like further information, please come up to the top floor.

Alternatively, you can contact **Thanet Trust** on **01843 855155**.



THANET TRUST

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@ThanetTrust