



## TELFORD COLLEGE of Arts and Technology

# Healthy Cooking on a Budget

5 Weeks

Shortwood Children's Centre, Limekiln Lane, Wellington  
Wednesday 12<sup>th</sup> March - 9<sup>th</sup> April  
9.15am - 12.00pm

### This course offers:

The chance to cook healthy, delicious and low cost meals using new, exciting recipes.

Tips to make bread and healthy soups.

The opportunity to discuss which recipes you would like to cook and taste!

\*Crèche provided. Please notify Jane Evans at time of enrolment if this is required.

For further information or to enrol, please contact Jane Evans on 07825878088 or email [jane.evans@tcat.ac.uk](mailto:jane.evans@tcat.ac.uk)

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Courses are free for those who are unemployed and actively seeking work or if it is your first course this academic year. Otherwise please call Jane or Learner Services on 01952 642237 to check costs.

**For more information please contact  
Learner Services on 01952 642237  
email: [studserv@tcat.ac.uk](mailto:studserv@tcat.ac.uk) website: [www.tcat.ac.uk](http://www.tcat.ac.uk)**

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