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Cooking tips

Tuesdays 16th-30th April 2024

Now church, Langold

10am-12pm

On this course, you will explore different areas such as, what a healthy, balanced diet is, how to save money when shopping, how to analyse recipes to either increase or decrease the amount to tailor for different household sizes and how to work out the cost of a meal. You will have the opportunity to practise your skills by making a jar of the overnight oats breakfast/snack to take home at the end of the course.

This course is for adults aged 19+, who live in Nottinghamshire and don't have a level 2 (GCSE grade C/4 or above) qualification in Maths or do but are not confident in using Maths at that level.

Enrol today by scanning the QR code or visiting the Inspire website and following the links or by calling the AskInspire team on 01623 677200.

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