



COOK AND EAT WITH **FOOD FOR LIFE**



FREE Cook and Eat courses at Community Centres in:

Hoxton, Haggerston, Homerton and Stamford Hill

020 7033 8529 | food@shoreditchtrust.org.uk



DATES AND VENUES - April—June 2018

Stamford Hill Community Centre (N16 6RZ)	Adult course	June—July Dates TBC.
New Kingshold Community Centre (E9 7LP)	Family course (parents/carers and children)	Every Friday 4pm – 6pm 6 weeks: 20th April - 25th May
Fellows Court Community Centre (E2 8LR)	Family course (parents/carers and children)	Every Tuesdays 4pm—6pm 6 weeks: 8th May — 19th June
Banister House Community Centre (E9 6BP)	Family course (parents/carers and children)	Every Thursday 4pm—6pm 6 weeks: 10th May — 21st June
Food for Life Social @ The Healthy Living Centre (N1 6JP)	Adult course	Every Thursday 11 am - 1pm 19th April onwards



Limited spaces available, to book contact:

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ONE YOU