

Slow Cooking

ON A BUDGET

Prepare budget-friendly healthy meals with Community Alliance, join us for Slow Cooking on a Budget for **FREE!**

For four weeks, we will show you how to minimise food waste and make the most of your ingredients

Happening on Wednesdays on the dates below:

- 23rd October 2024
- 30th October 2024
- 6th November 2024
- 13th November 2024

Morning session: 10:00am - 12:30pm
Afternoon session: 1:30pm - 4:00pm

**Location: Beaumont Centre,
6 Rowlands Fields Turners Hill,
Waltham Cross, EN8 9BG**

To book email emily@communityalliancebeh.org.uk

Please state in your email your dietary requirements and whether you are attending the morning or afternoon session



Community Alliance

BROXBOURNE & EAST HERTS

