

Preparing a meal need not be a chore!

We will show you how to make meals that are:

CONVENIENT

Making your own food does not have to be time consuming, by using modern appliances you can turn out good food very quickly.

LOW COST

Making food from scratch rather than ready meals or takeaways can significantly reduce your food bill.

DELICIOUS

Food cooked quickly from scratch maintains all of it's natural flavours, which are not masked by unwanted additives.

GOOD FOR YOU

By preparing meals yourself you can ensure they are packed with nutrition - not fat, sugar and salt!

CREATIVE

Preparing your own food is both creative and satisfying - and sharing it is one of life's pleasures.



Northumberland **NHS**
Care Trust



Northumberland
Strategic Partnership



North Eastern
Co-op



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Wansbeck Council
for Voluntary Service



What's Cooking!



THE GOOD FOOD AND COOKING COACH

Helping you prepare fast food
that is tasty, low-cost and
Good for You!

THE COOL FOOD DUDES

'COOK AND TASTE' DEMONSTRATIONS

Why not get us to come along to your group, club or organisation and show you how easy it is to prepare good food quickly.

We can provide an entertaining one hour session which includes:

- ☺ Advice and information on changing to a healthier lifestyle
- ☺ A practical demonstration of preparing healthy convenient foods
- ☺ The opportunity to sample the freshly prepared food.

We are happy to adapt the program to the needs and age range of your group.



COOKING'S COOL

'HANDS-ON' COOKING PRACTICE

- ☺ Interested in some hands-on cooking, with the chance to enjoy the fruits of your labour?
- ☺ Fancy trying some cooking but unsure where to start?
- ☺ Lost interest or confidence in your cooking skills and need inspiring?
- ☺ Like to learn some simple cooking skills?

With our mobile *'Kitchen 2 Go'* units, we can provide the opportunity for small groups, to try their hand at some interesting, tasty but simple recipes.



*All that we need is a room,
tables and electric points and
we will supply the rest.*

COOKING COURSES AND CLUBS

- ☺ Do you have a group interested in cooking?
- ☺ Want to learn how to make the most of your food budget?
- ☺ Interested in developing your knowledge of healthy eating and your cooking skills?
- ☺ Like to learn how to involve your children in cooking with our **'BIG COOKS & little cooks'** course?



We run practical cooking courses for groups of all ages and content can be adapted to the experience level of your group.

We are also keen to help set up and support cooking groups and clubs, if you have a group who would like to meet regularly to learn, cook and eat, then please get in touch!