

# Thriving on a Shoestring

Cooking on a budget: Get back to basics and create yummy easy meals.

- ✓ **Do more than just “get by”**
- ✓ **Grow a healthy family**
- ✓ **Learn practical cooking skills**

## Workshop Info:

**When:** Wednesday mornings, 10.00am – 12 noon

**Where:** Riverlea Theatre, 83 Riverlea Road, Hillcrest

**Cost:** Gold Coin donation each session

## Topics include:

### **09 September – *5-ingredient meals***

Make quick easy meals with just 5 ingredients.

### **16 September – *Easy healthy meals***

Basic meals made healthier, tips on planning and spending less!

### **23 September – *Baking the healthy way***

Fresh home cooked baking, healthier and super tasty.

### **14 October – *Quick meals***

Create easy nutritious meals in less than 30min.

### **21 October – *Party food made healthier***

Finger food made healthier and will delight any guest.

### **28 October – *Create a 3 course meal in under an hour!***

Let's get creating! Now you have the skills let me show you how you create 3 amazing dishes in an hour!

