

# NOURISHED<sup>®</sup>

## ONLINE COOKERY COURSE

Create 4 simple and delicious dishes  
that are healthy and budget friendly

**When:** Every Wednesday 21st April, 28th April,  
5th May and 12th May

**Time:** 4-5pm

**What will I learn:**

- Cookery skills
- Healthy Eating
- Nutrition
- How to minimise food waste

**FREE**

**Must be:** Residents of Hampshire  
(Excl. Southampton and Portsmouth)

**Where:** Zoom



**To register and receive your welcome pack  
visit [www.ukharvest.org.uk/event](http://www.ukharvest.org.uk/event)**

or email [donna.martin@ukharvest.org.uk](mailto:donna.martin@ukharvest.org.uk) for more information

*Please note, spaces are limited*



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 **Hampshire**  
County Council