CHEW Cooking for Beginners

Cook Healthy Eat Well

5 free sessions covering everything from chopping veg and making soups... ... to cooking casseroles and crumbles!

We provide all the food and a free recipe book to take home

Cookery classes are offered throughout the year across the Great Yarmouth and Waveney area.

great yarmouth & waveney community nutrition team

Everyone welcome
please contact us to find out more!

☎ 01493 743020

TEXT "FOOD" to 65000

James Paget University Hospital NHS Foundation Trust NHS

NHS Great Yarmouth and Waveney

change 4 life

cook 4 life

PRORY GREAT YARMOUTH COMMUNITY TRUST