



Basic Budget - Friendly Healthy Cooking

Are you struggling to create dishes that are both healthy and nutritious for your family?

For more information text your name and number to 087 - 6186546

Are you conscious of budget when you are doing your weekly shopping?

Anne Marie Foley has developed this 8 week practical hands on course for you.



Areas covered will include:

Soups
Pasta dishes
Fake - aways
Slow cooker recipes
Comfort food
Sweet treats

Beginning on Tuesday 2nd
October

Course fee - €140

7.30pm - 9.30pm

St. Mary's Secondary School,
Irishtown, New Ross