



- Are you struggling to make family meals with what you have in the cupboard?
- Are you finding it tough to stick to a budget now and need ideas.
- Do you need healthy lunch box ideas?

Fancy doing something to encourage your children to eat healthily, plan meals and give them life skills.

Delivered in small groups at ACL Colchester following strict COVID-19 regulations

This 2-week course will explore how we can make meals more creative and stick to a budget.

Book now:

<https://tinyurl.com/Family-Kitchen-24th-Nov--2week>

For more information: <https://aclessex.com/community-family-learning-online/>