

# Shop And Donate CIC

## Healthy Cooking Course

The Healthy Cooking Course aims to tackle food poverty through teaching those on low incomes and dependent on food banks to learn how to cook with plant-based ingredients; to include lentils, beans, and pulses as well as a variety of grains and vegetables.

The purpose of this is two-fold, in that it not only teaches participants how to cook healthy, nutritious, and tasty foods, but also helps them to eat foods that are healthy for the planet!

The course will run in two 5-week blocks, over a period of 10 weeks (1st block in August and 2<sup>nd</sup> block in September 2021). The classes will be taught over the Zoom digital platform and host between 6-10 participants/families per course.

It will be facilitated by a fully qualified plant-based nutritionist, who has worked for both charities (including Made in Hackney) and corporate clients, with the support of one of our volunteers.

We will also provide participants with all the ingredients and utensils needed for the cooking classes and they will receive a free recipe book at the end of the course.

All ages are welcome, and the course is FREE to join!

Please note that dates may vary due to the Covid-19 pandemic.

To register your interest, please contact Shop And Donate at: [admin@shopanddonate.org](mailto:admin@shopanddonate.org)



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