

**This course is new to West Dunbartonshire but is currently running in Glasgow. Here is what some participants from the Glasgow course said :-**

“This course has been great in getting me back into cooking. I’ve also become a wee bit more adventurous in the types of things I’m cooking”

“The good thing about it was that a crèche was available and I was able to put my children there. One of the main reasons I could go on the course was that the crèche was available. It taught me how to use basic ingredients to create recipes where before I would have used a jar. It was dead easy and the nutrition part of the course really made me think about what I was eating.”

“I’m learning something new every day. I’ve been given good tips on nutrition and healthy eating. I’ve enjoyed using different ingredients.”

“I’ve found the course really interesting. I’m doing something different and really enjoying it.”

If you would like this document in Braille or audio tape format, or would like more information about this course please contact:

**Paul Williams  
Cafe Knowes  
Skypoint Centre  
96E Lennox Drive  
Faifley  
Clydebank  
G81 5JY  
01389 872111  
info@knowes.org  
www.knowes.org**

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## Get Cooking Get Shopping



**Learn to Cook  
in a fun, friendly  
and informal way**

## Thinking of starting to cook, but don't know where to begin? Get Cooking Get Shopping may be for you.

This short practical course aims to put cooking back on everyone's agenda and to show you that it's not as difficult or complicated as you may think. Not only will you learn about cooking, but also about shopping for healthier options and what foods contain higher levels of sugar and salt.



The course contents cover:

- Basic Nutrition and looking at a balanced diet
- Food safety
- Cooking methods
- Recipes
- Using herbs, spices and reducing salt

The course is delivered by an experienced chef and is designed for small groups of no more than six participants.

The sessions are informal, friendly, fun and practical. All equipment and ingredients are provided.

### Who is it for?

Anyone who lives in the West Dunbartonshire area and wants to know more about healthy eating and improving their cooking skills.

### What does it cost?

The course is completely free and once you've finished it, you'll be presented with a certificate and a copy of our Get Cooking Get Shopping recipe book to take away.

All equipment and ingredients are provided, so please let us know in advance if you have any dietary requirements or restrictions.

### Can a Crèche be provided?

A free crèche is also available if it will help you take part in the course. You will be asked if you need crèche places and we will need to know the number and ages of all the children you require places for.

Please note only those children booked into the crèche can be guaranteed a place.

The crèche will be open 15 mins before each session starts and will continue for 15 mins at the end of each session to allow you to complete the session.



### What are we looking for from you?

- To attend all six sessions
- To be on time, complete the session and have your children in the crèche ready to start the session on time
- To help us evaluate the course at the end of it by telling us what you thought of Get Cooking Get Shopping.

### Where are the courses run?

We aim to run Get Cooking Get Shopping in locations that are convenient to participants and also meet the needs of the course.