

# THE RED HEN PROJECT

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**arm**



## COOKING ON A BUDGET

**FREE** cookery sessions – ingredients provided



Asia will be running fun sessions, cooking simple meals from ingredients you are likely to have in your fridge or cupboard. Each meal costs no more than £1 to make!

No weighing or measuring. Together we will cook one or two dishes to share at each session.

**Pre School children welcome!**

### Tuesdays 10:30 - 1pm

Session 1: 30 October 2018

Session 2: 6 November

Session 3: 13 November

Session 4: 20 November

Session 5: 27 November

Session 6: 4 December

### Join us at The Studio

King's Hedges Educational Federation  
Northfield Avenue, CB4 2HU

To find out more or book contact Maria at The Red Hen Project on 07966 839 635 or [mdavid\\_redhen@kingshedges.cambs.sch.uk](mailto:mdavid_redhen@kingshedges.cambs.sch.uk)