



**Free
Course**

Harvest & Cook

FREE cooking course. Discuss ways to reduce food costs.

- Pick your own free fresh vegetables from the allotment garden. (Support offered if required).
- Make a delicious soup to take home.
- Free recipe card & ingredients provided.
- Use **seasonal** homegrown vegetables.
- Certificate of attendance at the end of the course.

**Shepshed Volunteer Centre (9A Charnwood Road,
Shepshed, Loughborough, LE12 9QE)**

Monday 2 September 2024 (1 session)

10.00am-12.30pm

**For more information call Sharon on 07561 807457
or email sharon.duffus@leics.gov.uk or to book your place
call 0800 988 0308 and quote course code: 24LB556N**

Eligibility requirements apply. Please email sharon.duffus@leics.gov.uk for more information