



**EAT WELL  
SPEND LESS**



# Learn how to cook and eat healthily on a budget

**A six-week free course**

**Starts: Tuesday 7<sup>th</sup> May 2024**

**9.30am-12noon**

**At: St. Peter's Church  
Ridingleaze  
Lawrence Weston  
Bristol, BS11 0QE**

**To book your place call: 0117 9235343  
or email: [office@bristolnwfoodbank.org.uk](mailto:office@bristolnwfoodbank.org.uk)**

