



**EAT WELL  
SPEND LESS**



Bristol North West  
**Foodbank**  
Together with Trussell

# Learn how to cook and eat healthily on a budget!



**Free six-week course**

**Tuesday 11<sup>th</sup>  
February 2025  
9.30am-12noon**

**AT**

**St. Andrew's Church  
Avonmouth Road  
Avonmouth  
Bristol  
BS11 9EN**

**CONTACT US  
TO BOOK**

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