



You are invited to attend

# COOK IT, EAT IT

LEARN HOW TO KEEP YOUR FAMILY HEALTHY  
WITH EXCITING IDEAS ON PREPARING & COOKING  
TASTY & NUTRITIONAL MEALS ON A BUDGET.



## INTRODUCTION MORNING

Thursday 10th July, 10.30am - 12.30pm

Aston Hall, Aylesbury Civic Centre

With rising food costs and the pressures of modern day living, it's now even more important to get the right blend of fresh quality ingredients, cost savings and minimum fuss.

We are here to help with practical advice and live demonstrations.

In partnership with



rick simons  
HOSPITALITY



**SIGN UP FOR OUR  
COMPLETELY FREE  
6 WEEK COURSE  
LIMITED PLACES  
AVAILABLE**

# FREE COURSE OVER SIX WEEKS

# COOK IT, EAT IT

EVERY MONDAY 9.30AM - 12.30PM, FROM THE 8TH SEPTEMBER  
My Place, 1 Silver St., Aylesbury HP21 2PT  
(Opposite Noodle Nation Restaurant)



A FREE course over 6 morning sessions, designed to help you get the most from your budget, but at the same time provide your family with food that they will like and most importantly eat! Help them to maintain a healthy, nutritional, balanced diet. With expert knowledge, practical workshops and taste testing this course will be informative and fun.

Affordable healthy eating, made easy...

In partnership with



## COOK IT, EAT IT\*

- YES I would like to attend the INTRODUCTORY MORNING TALK.
- I cannot attend but I would like to register for the FREE 6 WEEK COURSE.

Name: .....

Address: .....

Telephone: ..... Email: .....

I require a place for my child/children in the crèche provided. Date(s) of Birth: .....

Childs Name(s): .....

Please hand in this slip to your child's School Office by Monday 7th July 2008.

\*This is an adult only course, children are not required to attend. If you have smaller children a crèche is available.