

## Nutritional Budget Cooking Course

2020

An innovative fun way to  
make nutritious food  
from boring to beautiful  
on a budget.



The food you eat is as im-  
portant as the thoughts you  
think

- Louise Hay

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Caboolture  
Neighbourhood Centre



## Nutritional Budget Cooking Course

2020

**Phone: 5495 3818**

Updated: 14/10/2019

## Nutritional Budget Cooking Course



### Nutritional Budget Cooking Course

Ever gone to the fridge or cupboard and felt you don't have enough ingredients to make a meal?

Each week we will explore delicious recipes to spread your shopping dollar further whilst at the same time ensuring meals are nutritionally delicious.

Looking for fresh ideas with old favorite foods?

Ever wanted your \$ to stretch further and be organized with meal planning?

Join us each week for new ideas.

### What will be covered?

- **Budgeting**
- **Meal planning**
- **Shopping lists—costings**
- **Balancing the diet**
- **Healthy eating**
- **Food storage**
- **Safety in the kitchen**
- **Cooking weekly**
- **Visit to Loaves and Fishes to discover “What's in the box”**

### Nutritional Budget Cooking Course



### When and Where?

Monday

Ongoing weekly

Entry and exit at any time

9.00am to 12.00pm

Cost: \$5.00 per session as a contribution to cooking ingredients and supplies

Caboolture Neighbourhood  
Centre

***Bookings Essential***

**For bookings phone:**

**5495 3818**

Nutritional Budget

Cooking Course

is an ongoing innovative fun way to make nutritious food from boring to beautiful on a budget.