

Living Well on a Budget – Practical workshops

Are people you work with interested in learning how to cook and manage their food budget better? Where participants can

- Improve cooking skills
- Plan a healthier diet
- Reduce food waste
- Get financial and energy saving advice
- Find out about other learning opportunities

Fife Community Food Project with support from Greener Kirkcaldy and partners will be running 6 week Living Well on a Budget courses at Levenmouth Community Kitchen, Fife College, Victoria Rd (next to Health Centre) from Tuesday 1st February to 8th March with morning and afternoon workshop options. The afternoon programme has crèche support but places are limited.

The course will be **participant led** with weekly cooking activities and will include a number of distinctive features, to assist participants to 'live well on a budget'.

- a session with Citizen Rights and Advice Fife (CARF) on budgeting in the home,
- a session with Greener Kirkcaldy on how to reduce food waste and 'love your leftovers', and
- an opportunity to get some expert energy advice from Greener Kirkcaldy tailored to individual homes to help save energy and control fuel bills.

Planned programme

| Dates am workshop 9.30-11.30am pm workshop 12.30-2.30pm | Session details |
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| Tuesday 2 nd February | Introductions, programme aims and cooking activity |
| Tuesday 9 th February | Cooking activity and discussion |
| Tuesday 16 th February | Cooking activity and CARF Financial Sustainability workshop |
| Tuesday 23 rd February | Cooking activity and discussion with guest input from Greener Kirkcaldy on Food Waste |
| Tuesday 1 st March | Cooking activity and discussion |
| Tuesday 8 th March | Cooking activity, guest input from Greener Kirkcaldy Energy Advice for home visit sign ups and Adult learning teams |

How to book a place

Please can you promote to colleagues and agencies. We are very pleased to accept referrals and where appropriate, support workers are welcome to attend.

All referrals should be made to Roslyn Swarbrick Roslyn.swarbrick@fife.gov.uk 03451 555555 ext. 402186.

For further information, please contact Iain Anderson, Community Food Development Worker iain.anderson@fife.gov.uk 03451 555555 ext. 490036 or Catherine Nugent Catherine.nugent@fife.gov.uk 03451 555555 ext. 402200