

Older Men Beginners' Cooking Group

Libertus, Tuesdays 2-5pm,

8 weeks, starting **17/02/2015**

20 Gracemount Dr., Edinburgh

7 weeks of cooking—suitable
for beginners

- Learn how to make simple, healthy & homely meals. Soups, stovies, mince, stews and more....
- Eat healthily *and* cheaply
- Cooking for 1
- No-nonsense easy-to-understand nutrition



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**1 paid-for trip to a
supermarket!**

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- **Free to all**
 - **Open to: men aged 60 and over from across Edinburgh**
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Please contact **Chris** for further information and bookings on: **0131 467 7326** or at: cmantle@edinburghcommunityfood.org.uk

