



FOR
FOODBANK
AWARENESS DAY

Ready Steady Cook!



Make (and eat) a super quick meal
using 1 pan and 5 ingredients,
followed by the launch of:

The Budget Bites Cook Book

★ *Free cookbook for participants* ★

29th October 2019 • 12 to 2.30pm

Denton Island Community Centre, Newhaven, BN9 9BA

Please sign up on 01273 51949 or
healthylifestyles@sussexcommunity.org.uk