

Course details

Course title

Cooking Practical: Lunchtime Leftovers

Course code

Q00014439

Course date

Start: 09/07/24

End: 30/07/24

Number of classes

3 sessions

Timetable

Tue 9th Jul, 10:00 to 12:00

Tue 16th Jul, 10:00 to 12:00

Tue 23rd Jul, 10:00 to 12:00

Tutor

Catherine Wilcock

Fee range

Free to £29.60

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

As part of world food waste day we are running a course on how to reduce your food waste and cut costs when it comes to meal time. If you are short of time and have leftovers in the fridge, this is the course for you. We will make a quick, easy, delicious and nutritious lunch/ light tea using bits from the fridge and store cupboard that you and your family will enjoy, helping you to reduce food waste and save a bit of money!

Course description

The amount of wasted food that is thrown away each day is shocking. This short 4 week course is for those students looking at reducing their food waste and who want to be more sustainable and cost effective. It is also for those who have limited time and would like to learn quick, nutritious and tasty recipes they can make quickly using leftovers from the fridge. We will make a quick, easy, nutritious lunch/ light tea using bits from the fridge that you and your family will enjoy.

On this course you will discover some new ways to use up leftovers, saving you money and reducing food waste. Tips will be given on storing food, and all questions are welcome e.g. How do I adapt a recipe to suit restricted diets? I need help cutting onions? What on earth can I do with 2 eggs, a potato and some veggie bits? No question is a silly one! Recipes will be available in Canvas, our Virtual Classroom for you to look at and use during and after the course. You may wish to cook along with the tutor and then enjoy a delicious lunch or just take notes to use later. Places are

limited so sign up quickly!

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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