

A collage of fresh fruits and vegetables, including red grapes, blueberries, spinach, almonds, cherries, green grapes, a slice of grapefruit, and a slice of cantaloupe melon with seeds.

# SAVVY SLOW COOKING MILLBROOK

Did you know, slow cookers are the most cost-effective way of cooking family meals - costing up to 40p to run for 8 hours.

We are running 6 crockpot cook along sessions in Millbrook starting in January. Come along to learn how to maximise your slow cooker cooking, meet new people in your local community and have fun!

Participation in the 6 week course includes a free slow cooker and recipe ingredient pack with each demonstration.

**Course start date - Tue 31 January**

**Frequency - Weekly, for 6 weeks**

**Location - Colne Avenue Baptist Church, SO16 9NY**

**Time - 10am - 12pm**

**If you would like to book a space, please contact local community development officer, Lucy Davis on:**

**07779565929 or [lucy.davis@abri.co.uk](mailto:lucy.davis@abri.co.uk)**