

Join us in the kitchen for Cook and Eat Workshops

2 Free Cooking Courses starting May-June 2022

For Adults: Wednesdays from 18th May to 22nd June, 1.30-3.30pm,
Stamford Hill Estate Community Centre, Stamford Hill, London N16 6RS

For Families: Tuesdays from 7th June to 12th July 4.00-6.00pm at Banister
House Community Hall, Homerton High Street, London, E9 7PQ

At the Shoreditch Trust we love food and we believe that meals are a way of passing on love and knowledge to those we care about. We focus on the joy in making something from scratch, preparing and sharing food with others, discovering new and interesting flavours and gaining confidence in our kitchens.

Our Community Kitchens group cook and eat sessions bring people together to prepare and eat a meal, take part in discussions and activities on nutrition and cooking, build social connections and confidence and share community knowledge.

Community Kitchens is supported by
Public Health, City and Hackney

For more information or to book, email

food@shoreditchtrust.org.uk

or call 020 7033 8540

**Shoreditch
Trust**

