

FREE COURSE ONLINE OR FACE TO FACE LEARNING

FAMILY LEARNING...

FREE Family Cook-along!

Pick up your FREE ingredients pack every Tuesday as you collect your child from school, for 6 weeks. Take your fresh ingredients home, log-on at 4pm using the zoom link provided and cook along with a Foundation of Light tutor.

Delivered in conjunction with Jamie Oliver's Ministry of Food, learn how to cook healthy and affordable meals at home from scratch. You will learn essential cooking skills as well as gaining invaluable knowledge of nutrition. To register your interest, please contact josh.scott@foundationoflight.co.uk – Please register your interest no later than the 18th of September (Course to start 22nd of September).

INFO/BOOK

 foundationoflight.co.uk

 0191 563 4777

Living

Sunderland
City Council


South Tyneside Council


 European Union
European
Social Fund
Supported by the European Union Youth Employment Initiative



**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET

Foundation of Light uses the power of football to involve, educate and inspire young people and their families through a broad range of innovative programmes helping improve lives across the North East.

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