

FOOD FOR THOUGHT

Free live cooking
demonstrations by
a professional chef

**MONEY
SAVING**

**FAMILY
FRIENDLY**

**SWAP
RECIPE
IDEAS**

**TASTING
SESSIONS**

**FREE
TO
ATTEND**



01553 616200
asklily.org.uk



Borough Council of
King's Lynn &
West Norfolk



Come and join us for live cooking demonstrations where we exchange ideas, embrace mealtimes and enjoy plenty of tasters prepared by our professional chef!

Week 1 – 18/1
Breakfast

Week 2 – 25/1
Lunches

Week 3 – 1/2
Dinners

Week 4 – 8/2
Homemade snacks

Week 5 – 15/2
Nutritional content

Week 6 – 22/2
Supermarket swaps

Week 7 – 1/3
Batch cooking

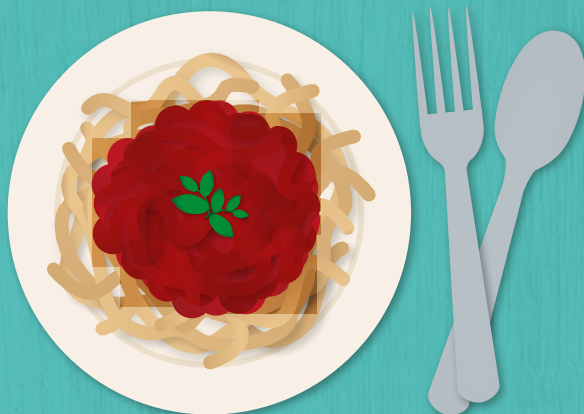
Week 8 – 8/3
Dietary alternatives

Week 9 – 15/3
Low calorie cooking

Week 10 – 22/3
Low cost desserts

Week 11 – 29/3
Fake-away meals

Week 12 – 5/4
Easter savings



Sessions run 9:30am–11:30am at the London Road Methodist Church, King's Lynn PE30 5EJ. Pick and choose the sessions that interest you, and there's no need to book in advance, just turn up!

Call 01553 616200 or email asklily@west-norfolk.gov.uk for more information. If you need assistance with getting to and from the venue, please contact us as we may be able to help.

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