

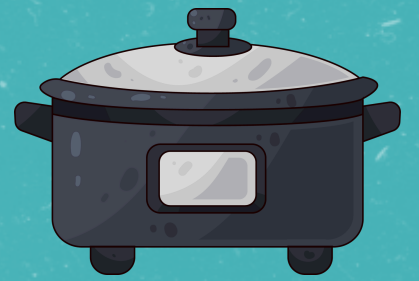
# READY, STEADY, SLOW COOK!



## Cook *Shop* Move



DAY: WEDNESDAYS  
START DATE: 4/06/25  
END DATE: 9/07/25  
TIME: 4PM - 5.30PM



## ALCONBURY WEALD - THE PAVILLION

Come and join our fully funded\* 6 week Slow Cooker course. You will receive a free slow cooker and each week you will be provided with ingredients which you will prepare with your child to take home to cook. You will also get the chance to try a range of free fun activities including Yoga, Family Fitness and a range of sports-based games. After the course you will be invited to take part in a Savvy Shopper visit with the Coop including a tour of the store and vouchers to spend on the ingredients for a recipe of your choice!

To Book or for more info: Scan QR Code, email: [Cambsals@cambridgeshire.gov.uk](mailto:Cambsals@cambridgeshire.gov.uk) or phone 01353 613013

