

BUDGET BITES

For when the budget bites...

Learn how to make very cheap but delicious meals. Have a chat, make new friends, eat a meal.



Free stock ingredients to take home
This course will run from 10.30am to 1.00pm on

Wednesday 21st November
Wednesday 28th November
Wednesday 5th December
Wednesday 12th December

AT DENTON ISLAND COMMUNITY CENTRE, DENTON ISLAND, NEWHAVEN

Contact us on
01273
519149

●●●● Sussex
●●●● Community
●●●● Development
S C D A Association
Health & Well-being



or healthylifestyles@sussexcommunity.org.uk