



## Course details

### Course title

Saving Money and Being Sustainable: The Healthy Family Food Workshop

### Course code

Q00018155

### Course date

Start: 14/01/25

End: 04/03/25

### Number of classes

7 sessions

### Timetable

Tue 14th Jan, 9:30 to 11:30

Tue 21st Jan, 9:30 to 11:30

Tue 28th Jan, 9:30 to 11:30

Tue 4th Feb, 9:30 to 11:30

Tue 11th Feb, 9:30 to 11:30

Tue 25th Feb, 9:30 to 11:30

Tue 4th Mar, 9:30 to 11:30

### Tutor

Amie-Alissa Watson

### Fee range

Free to £58.80

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

## **Venue**

Clare House (SCUNTHORPE)  
31 Wells Street  
SCUNTHORPE  
DN15 6HL

## **Level of study**

Beginners

## **Course overview**

Cooking homemade food doesn't have to be difficult or expensive. Learn how to feed the whole family with tasty and affordable meals in this cooking on a budget course. This is a cooking and personal finance course rolled into one. You'll get practical budgeting tips you can apply in the kitchen. This course is ideal for you if you'd like to learn how to cook homemade meals on a reduced budget. Learn how to select nutritious ingredients to prepare wholesome meals without breaking the bank. Brainstorm recipe ideas with the class to make use of leftovers. Get tips on how to store food properly to avoid wastage. Learn how to save money when doing food shopping and other budgeting tips.

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By learning how to understand nutritional information, you'll be able to make better food choices. This will help you create filling and nutritious meal plans which will take less of a toll on your personal budget. We'll also cover how batch cooking can help you save time and money.

Depending on your needs, there are various study options after this course.

You can take a budgeting course to learn how to manage your income and expenses. You can also do a personal finance course if you want to learn how to save money.

If you are interested in learning ways to make money with cooking skills, you may consider a creative craft course in cookery.

Your tutor can discuss your options with you if you're not sure which course is right for you.

To study this cooking on a budget course you'll need an internet connection. This is so you can access our digital learning platform, Canvas.

The WEA is committed to accessible adult education for all. If you have any accessibility requirements, please let us know and we will do our best to accommodate your needs.

Most of our courses are free for most of our learners. Please note that you need to get to the end of the enrolment process to see the discounts.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/cookery/14-january-saving-money-and-being-sustainable-healthy-family-food>