

Wellbeing: Making meals from what you have

Course overview

Sometimes we have ends of packets, things we have in small amounts which don't seem like enough for a meal for everyone; random odds and ends that we don't have good ideas for how to use. In this course we will explore ways to use those odds and ends to create meals from what you have.

What will I study?

- What are your typical odds and ends?
- Does one meal fit all?
- Meals which make the most of those odds and ends
- Creative ways to use ends of packets

Assessment method

- You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout. You will also identify any helpful changes you can make.

Entry requirements

This course is open to all. You will need to understand spoken English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722