



Book now!

'Foodie Fridays'

Course



**Free 4-week online course starting
Friday 10th May 2024**

Online learning has never tasted so good! A fun, flexible course to begin your sustainable food journey.

This brand new course will take you on a food adventure, to introduce topics around sustainable, healthy and good value food choices. Each week you will have a recipe challenge to complete linking with the course themes; food swaps, food waste, food miles, and the joy of food! This course will connect you to other like-minded people, as well projects, groups and organisations in Staffordshire that can support our food adventures!

This 12-hour course is completed online. You will receive an email each Friday straight to your inbox with a 'foodie challenge' and ideas and inspiration to try over the following week.



Booking essential. Contact Rebecca Banks on communityforestservices@gmail.com or call 07525 120117.
This course is free to Staffordshire residents aged 19+.