

# FREE WORKSHOP IN HACKNEY

We're all happier when food gets eaten, and that's why we are running an interactive workshop to help you make the most of the food that you love.

## Workshop includes:

- A cooking demonstration
- Advice on how to save money and cook delicious meals from leftovers
- Free food – the chance to try a hearty dish
- A free cookery book containing fantastic recipes donated by residents from North London

Go to [www.nlwa.gov.uk/lovefoodhatewaste](http://www.nlwa.gov.uk/lovefoodhatewaste) or call **0208 489 5366** for more information.

**3 February, 10am - 1pm**

Seabright Childrens' Centre,  
Haggerston Park, Queensbridge  
Road, London E2 8NP

Pre-booking essential.

Delivered by local charity -  
Community Kitchens, Part of  
Manor Gardens Welfare Trust



**FISH  
LOVERS**  
hate waste

Whatever food you love, we can help you waste less and save up to £50 per month.

**LOVE  
FOOD**  
hate waste