

Money Saving Cooking



Course Code DE07E23A

Venue: **Room**

Stoke Damerel Community College
Somerset Place
Stoke
Plymouth

PL3 4BD

Start Date: 22 April 2025

End Date: 20 May 2025

Sessions: 5

Day(s): Tuesday

Start Time: 18:00

End Time: 21:00

Cost of course: Material Fee £10

Course Description: Learn to cook delicious and nutritious meals for less! Master store cupboard essentials, explore budget-friendly cooking methods, and create a variety of affordable dishes.

Feeling the pinch? Take control of your grocery bill and discover the joy of cooking with our fun and informative Money Saving Cooking course! In just 5 weeks, you'll gain the skills and confidence to whip up delicious meals using store cupboard staples. We'll explore clever ways to utilise leftovers, master cost-effective cooking methods from batch cooking to one-pot wonders, and guide you through creating a range of budget-friendly dishes, from hearty stews to vibrant vegetarian delights. Get ready to transform your culinary repertoire and save money at the same time! Your tutor will tell you what to bring for the sessions but the ingredients will be provided for the first session. Develop maths skills in a fun way.

What will I learn? (Subject to change as the needs of the group may change)

The Power of the Store Cupboard - Learn to build a versatile store cupboard packed with essentials, explore clever substitutions, and discover budget-friendly meal planning strategies.

Budget-Friendly Cooking Methods - Master cost-effective cooking techniques like batch cooking, slow cooking, and using leftovers creatively.

Meals on a Budget - Explore a variety of budget-friendly dishes, from protein-packed pastas to vibrant veggie curries. Learn to adjust recipes for affordability and discover healthy substitutions.

Putting it all Together - Develop your meal planning skills, create a personalised budget-friendly shopping list, and gain confidence cooking delicious and affordable meals for yourself and loved ones.

Enrolment requirements We regret we are unable to accept under 19s on most of our courses due to Education and Skills Funding Agency funding restrictions. You need to be 19 before 1 September 2024 to enrol. This means you will have been born on or before 31 August 2005.

If you are under 19 years of age and would like to enquire about your eligibility to enrol on an adult learning course, please don't hesitate to contact us.

Before you enrol. View the course info sheet via the link above for further information regarding the course, what you will learn, objectives and possible progression or career pathways. Alternatively, our team of Learning Advisors will be happy to provide you with information and discuss courses you may be interested in. Visit our website at www.ouresouthwest.co.uk or contact us on 01752 660713 to make an appointment.

How do I enrol? The quickest way to enrol is online at www.ouresouthwest.co.uk, simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

How will the course be delivered? This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom? You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress? During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need? Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please Note: Most courses attract a subsidy from the Education and Skills Funding Agency and can be used to match funding for ESF. It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.
Room numbers are subject to change - please check when you arrive at the venue.

On Course South West Tel: 01752 660713
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www.oucoursesouthwest.co.uk



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