

Eat Well



One online cooking session per week for five weeks, that will show you easy ways to feed the family without emptying your purse!

The online cooking session is two and a half hours long and will be cooking step by step alongside our online tutor at home in your own kitchen

The numbers are limited to 8 people, plus our tutor.

We provide the recipes and ingredients free of charge for you to collect from the Foodbank each week.



Eat Well, Spend Less



If you want to join in or know more about any
of our training courses,

contact **Eccabi** on

[01579 343693](tel:01579343693) or admin@eccabi.com

Or **Liskeard & Looe Foodbank**

[07512 011452](tel:07512011452) or

liskeard.foodbank@gmail.com

Multiply



Healthy Cornwall

Liskeard &
Looe
foodbank
Including Torpoint &
Rame Peninsula

