

# FOOD FOR THOUGHT

Free live cooking  
demonstrations by  
a professional chef

**MONEY  
SAVING**

**FAMILY  
FRIENDLY**

**SWAP  
RECIPE  
IDEAS**

**TASTING  
SESSIONS**

**FREE  
TO  
ATTEND**



01553 616200  
[asklily.org.uk](http://asklily.org.uk)



Borough Council of  
King's Lynn &  
West Norfolk



# Come and join us for live cooking demonstrations where we exchange ideas, embrace mealtimes and enjoy plenty of tasters prepared by our professional chef!

## **Week 1 – 18/1**

Breakfast

## **Week 2 – 25/1**

Lunches

## **Week 3 – 1/2**

Dinners

## **Week 4 – 8/2**

Homemade snacks

## **Week 5 – 15/2**

Nutritional content

## **Week 6 – 22/2**

Supermarket swaps

## **Week 7 – 1/3**

Batch cooking

## **Week 8 – 8/3**

Dietary alternatives

## **Week 9 – 15/3**

Low calorie cooking

## **Week 10 – 22/3**

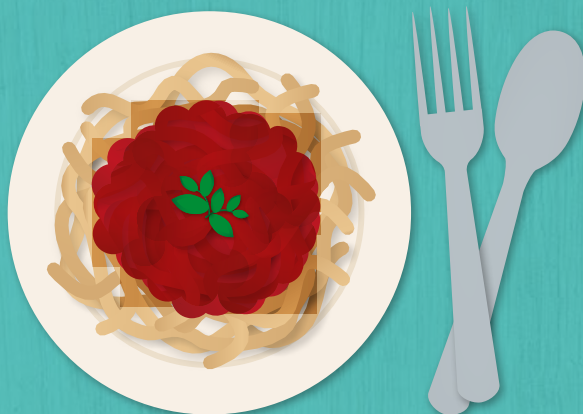
Low cost desserts

## **Week 11 – 29/3**

Fake-away meals

## **Week 12 – 5/4**

Easter savings



Sessions run 9:30am–11:30am at the London Road Methodist Church, King's Lynn PE30 5EJ. Pick and choose the sessions that interest you, and there's no need to book in advance, just turn up!

Call 01553 616200 or email [asklily@west-norfolk.gov.uk](mailto:asklily@west-norfolk.gov.uk) for more information. If you need assistance with getting to and from the venue, please contact us as we may be able to help.

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