

WFL - Healthy Sustainable Cooking

#SmallChangeBigDifference (13+)

020 8583 6000
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About the Course

This is a classroom-based course, which will be held at one of our venues. Learning as a family helps children and adults to become confident, lifelong learners. It helps children develop essential skills and achieve at school. It helps grown-ups to reconnect to learning and transform their lives.

Course Learning Outcomes

With your child/ren:

- Learn how to reduce food waste
- Cook quick and easy, climate friendly recipes
- Prepare, use, and clean a kitchen space, tools and equipment for a healthy cooking environment

Please note: To successfully complete this course you must commit to 100% attendance and punctuality.

What is needed for the course?

- These sessions are for adults and children to work together - parents will need to supervise their children at all times.
- For health and safety reasons, children must be over the age of 13 years to attend these sessions.
- Please note we can only accommodate 1 adult to 2 children per family.

If you need any additional support, please call us.

We can also provide you with information, advice and guidance for employment or further learning.

- ▶ Please speak with your tutor or
- ▶ Call 020 8583 6174 to speak to an advisor or
- ▶ Email work@hounslow.gov.uk or
- ▶ Visit www.workhounslow.co.uk



House of food waste

910,000 tonnes of food goes to waste from London households every year. Our Small Change, Big Difference campaign aimed to raise awareness of the impact of the city's food waste which, if sent to landfill, would be responsible for releasing 420,000 tonnes of CO2 into the atmosphere.

Sustainable Cooking:

Eat well for you, and you're eating well for the planet.

Plus, when we bulk up our food with veg, it goes further – saving us money.

If everyone in London went meat free one day a week we could reduce harmful greenhouse gases by over **450,000 tonnes** per year? That has the same impact as taking **1700 cars** off the road!

Check out our tips page [here](#) to find more to chew on about the small changes that make a big difference. #SmallChangeLondon

Progression Pathway

