

In Sandwell

Eatwell

Eat well, look good, feel great

Can't cook, want to cook, try Cookwell to eat well !!!

Cookwell is a brand new scheme from Sandwell Primary Care Trust that is designed to help you learn about cooking and healthy eating in a fun way.

Cookwell is a FREE six week cooking programme designed for you.

The course is essentially designed by you: you decide what you want to cook, whether that is snacks, meals or puddings, and we supply the rest.

Along with a free starter pack full of useful information and recipes, the programme covers topics such as:

- **The balance of good health**
- **5-A-Day**
- **How to read food labels**
- **Choosing healthier convenience foods**
- **Quick meal ideas**
- **How to cut down on fats, sugars and salt**

Everything you cook can be eaten after each session or you can take it home and share it with the family.

So come along and join in the fun, meet new friends and try new foods. We have sessions running throughout the borough so call and see if there is one in your area.

Call **0121 612 2962** and ask for Emma or Luky .