



Healthy Eating on a Budget

Dates: 04/06/2026

Locations: Lisson Grove Centre

This is a free in-person cooking course. Learn to cook healthy and balanced meals on a budget, saving money by using ingredients that don't cost the earth. Led by our experienced cookery tutor at Lisson Grove, you will be cooking and taking home delicious British and international dishes. You may be required to purchase some ingredients to participate in the course. Come and connect with others and improve your cooking and budgeting skills.

Entry Requirements

No prior experience is required. Please speak to a member of the Community Team before enrolling.

What topics does the course cover?

You will learn about choosing and preparing healthy ingredients for a range of dishes when on a budget, saving you time and money.

How will I be taught and assessed?

There is no formal assessment.

Are there any other costs or equipment I need to get?

You will be required to purchase ingredients to participate in the course.

By the end of the course what should I be able to do?

You will be able to cook with greater confidence.

What are the progression opportunities following this course?

You may wish to join more Community Learning classes for leisure, family learning or to improve your language and computer skills to help further your career opportunities.