

Smart Cooking

Making the most of meals
and your budget

Learn to cook fresh and affordable meals, and how to
manage your food and household budgets!

Fridays 10.30am - 12.30pm
31st January - 20th March 2020

The Lang Spoon Community Kitchen
8 East Fergus Place, Kirkcaldy
Contact jackiea@greenerkirkcaldy.org.uk

Free 8 week course
- including advice
from **Citizens
Advice & Rights
Fife** and
Cosy Kingdom!



In partnership with:

COSY KINGDOM



www.greenerkirkcaldy.org.uk
info@greenerkirkcaldy.org.uk
01592 858458
f greenerkirkcaldy
@greenerkdy

8 East Fergus Place, Kirkcaldy
KY1 1XT
Monday - Tuesday 9.30am - 4.30pm
Wednesday 12pm - 4.30pm
Thursday - Friday 9.30am - 4.30pm