



Fife College



**FREE
course!
Apply
today!**

Want to gain the confidence to cook healthier and more budget-friendly meals for your family?

Sign up for our Everyday Numeracy with Cooking course

In our purpose-built training kitchens, we'll help you improve your knowledge and creativity in cooking and show you how numeracy can aid with food preparation and budgeting.

By teaching you the simple number skills you need in everyday life, you will gain the knowledge to manage your personal finances more effectively as well as the confidence to help your children with their schoolwork.

The Everyday Numeracy with Cooking course runs for 10 weeks (3 hours each week), and you can choose to join us at our campuses in Kirkcaldy, Dunfermline, Glenrothes or Levenmouth.



At the end of every session, you'll take a low-cost, healthy balanced meal home to your family.

How to Make Your Money Go Further

Improve your financial literacy and make informed decisions with our money management workshops, designed to guide you through budgeting effectively, understanding borrowing costs, and managing expenses and savings for financial stability. Understand the intricacies of borrowing, gain insights into various types of insurance and their role in financial planning, and learn smart shopping techniques to ensure you're getting the best value for your money.

You'll be equipped with not just theoretical knowledge but practical skills so that you can manage your personal finances and support your family's financial future.

For more information:

03442480115 | info@fife.ac.uk | fife.ac.uk





Fife College



**FREE
course!
Apply
today!**

Want to gain the confidence to cook healthier and more budget-friendly meals for your family?

Sign up for our Everyday Numeracy with Cooking course

In our purpose-built training kitchens, we'll help you improve your knowledge and creativity in cooking and show you how numeracy can aid with food preparation and budgeting.

By teaching you the simple number skills you need in everyday life, you will gain the knowledge to manage your personal finances more effectively as well as the confidence to help your children with their schoolwork.

The Everyday Numeracy with Cooking course runs for 10 weeks (3 hours each week), and you can choose to join us at our campuses in Kirkcaldy, Dunfermline, Glenrothes or Levenmouth.

At the end of every session, you'll take a low-cost, healthy balanced meal home to your family.



For more information:
03442480115 | info@fife.ac.uk | fife.ac.uk

