

Everyday Food Confidence

Community
Wellbeing
North Herts

Bedwell Community Centre,
Bedwell Crescent, Stevenage, SG1 1NA

FREE!

Join us for this six session everyday food confidence programme to help you build your knowledge to plan low cost meals and snacks. You'll learn useful food skills, how to meal plan, shop smart, reduce waste and make everyday cooking more simple and affordable.

Cookery demonstrations and tasting opportunities will be included and a chance to attend hands on practical cookery workshops later in the year.

Free refreshments will be provided.

Wednesdays 4, 11, 18, 25 November and 2, 9 Dec 2026.
Sessions run 10.30am to 12pm – book 1 or all 6!



Book at www.ticketsource.co.uk/north-herts-district-council
For queries contact communitywellbeing@north-herts.gov.uk



Stevenage
BOROUGH COUNCIL

dcpd
DC People Development

**North
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