

Food Hygiene & Healthy Eating



Participants will gain knowledge and understanding of Food Hygiene, the 'Eatwell Guide' and become aware of foods that are nutritious, healthy that won't break the bank.

This is a 5 week course

Start Date: Thursday 18th April 2019

Time Week 1: 10am—11am

Time Weeks 2,3,4 & 5: 10am—12pm

Venue:

Mary Frances Trust

23 The Crescent Leatherhead KT22 8DY

Please bring your National Insurance number with you

You will need to be registered with Mary Frances Trust to attend this group.

To book your place, please ring 01372 375400,
SMS 07929 024722

Or email info@maryfrancestrust.org.uk

Mary Frances Trust


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