

NEWS RELEASE

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**STUDENTS SHOWN THERE'S MORE TO COOKING THAN BEANS ON TOAST,
THANKS TO COOKIES KITCHEN**

Two-day Kitchen Survivors course teaches basic kitchen and cooking skills for young people leaving home.

Local cookery school, Cookies Kitchen have spaces on their two day Kitchen Survivors course. Designed for young people, aged 16+, who are leaving home for the first time or heading off to University, the course aims to provide vital skills for cooking nutritious, tasty meals on a budget.

The course is led by a qualified chef (and mum) and covers everything from essential hygiene and food storage to preparing food in advance, along with shopping tips for a limited budget. The students are given hands-on guidance to produce three different dishes, as well as looking at how to adapt or adjust recipes to create alternatives.

Maxine Pancaldi, Director of Cookies Kitchen says:

“Our course aims to show students that they can eat sensibly, without hours of preparation and without breaking the bank. We want to give as much practical advice as possible so that the idea of healthy eating isn’t forgotten about in the midst of the excitement of leaving home for pastures new.”

Previous courses have been a huge success. One mum said:

“It (the cookery course) really changed George completely. He has been cooking up all sorts of things in Leeds – he tells me he has tried all the recipes he got on the course and not only that, but he has been making weekly trips to the market for fresh meat, fish and vegetables! For someone who could barely heat up a pizza before last September, this is a major achievement and I am delighted that he is feeding himself so well – and on £35 a week. I think every sixth former should enrol on your course!”

The course is being run in Tonbridge on 24th-25th July and also on 28th-29th August, from 10am to around 3.30pm each day. The price of the course is £200, which includes all ingredients, use of equipment and aprons, recipe sheets and course notes to take away.

To reserve a place or for more information call Maxine on 07749 927 783 or email bookings@cookieskitchen.co.uk. Information for the Kitchen Survivors course can also be found on the website: www.cookieskitchen.co.uk/courses.html

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Notes to editor:

- Cookies Kitchen provides monthly cookery clubs to children aged 5 to 11 years and 11 to 16 years, as well as cookery lessons for preschool children,

adult courses and workshops. Established in 2005, classes are held in Frant (East Sussex), Underriver (nr Sevenoaks) and Tonbridge.

- 2 photos attached.

Contact:

Maxine Pancaldi (Director) – 07749 927 783