



The healthy option

'YOU Can Cook' have been successful in receiving funding from Awards for All to run 'Healthy Young Cooks' a programme specifically designed with youngsters in mind from the Peebles and Innerleithen area.

The £6189 of funding will go towards organising four programmes on healthy cooking and is aimed at 12-18 year olds. Each programme will consist of five workshops and some of the topics covered are; light snacks, planning, budgeting skills, store cupboard, cooking with leftovers, cakes and bread. These workshops are designed to be fun and interactive and will be held during the year in venues across Peebles and Innerleithen.

If any youth groups and organisations wish to know more about the project and how they can access these sessions, then please contact us on 0845 2240896 or via e-mail through our website on www.youcancook.org.uk. Places are limited and is on a first come served basis.