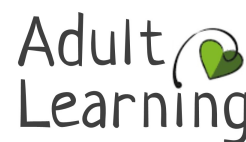


Adult Learning - Course Information Sheet



UZY3TA63 - Budget Meals for Families

Virtual Classroom - Google Classroom
classroom.google.com

Start Date: 09 June 2021
End Date: 07 July 2021
Start Time: 1:00PM
End Time: 2:30PM
Day: Wednesday
Sessions: 5
Tutor: Miss Rachael Colbourne

ZZ99 9ZZ **Room** Class Code: nfuaai6

Family Learning

Learn new ideas on how to create filling meals on a very tight budget, join in with hands on cooking in your own home while we teach you the recipes and give you tips and ideas on how to budget.

Course Aim

To learn new ideas on how to create filling meals on a very tight budget.

Course Outcomes

- Outcome 1 – Learn ways to shop with a very limited budget
- Outcome 2 – Learn new meal ideas that work with a very tight budget
- Outcome 3 – Find out how to use everyday activities to help children learn at home
- Outcome 4 – Gain new skills, knowledge and confidence within a positive learning environment

How will the course be taught?

The course will be taught online through Google classroom with live sessions each week. There will be practical cooking skills as well as some theory each week.

What do I need to bring/have ready?

You will need to have access to a digital device and the internet to join the live online sessions. You will then need access to your kitchen and all equipment you have in there. Pans, oven, spoons, baking trays, etc. Food resources will be supplied to you (as long as covid restrictions allow).

Further Support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northamptonshire.gov.uk or call 01604 368023 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first session. For information on how to keep safe online, go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

Further Information

A follow on course after this is the Family Finances – Raise your Game. This course helps you to look at household bills and ways to save, tips and ideas on how to shop cheaply and apps and sites to use to help budget and get the best deals.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

