



The Office of Public Health, Dudley Council
Get Cooking! Service delivered to you by:



Get Cooking!

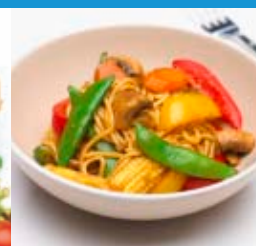
- Do you find healthy eating a challenge?
- Are you confused by different healthy eating messages?
- Would you like to cook healthy and tasty meals?

then Get Cooking! could be for YOU

For more information visit
www.lets-get.com
our new interactive website
with information about
food, nutrition and physical
activity in Dudley Borough.



www.lets-get.com





Get Cooking! is a free service that helps you to make practical and long term changes to your diet.

Get Cooking!



- Get Cooking! is a FREE service available to anyone living or working in the Dudley borough aged 16+
- Courses run for six sessions two hours each week
- Learn more about having a balanced diet, five a day, food labels, healthier alternatives and more!
- Cheap, tasty and easy recipes are cooked, which you can sample and take home