



Cooking from Scratch

How to eat well on a budget



New support for residents in Hurdsfield: How to Eat Well on a Budget

A Macclesfield Town Council funded course designed to help you eat well on a budget using surplus and other home grown produce from the Green in the Corner and Green Spaces from Wellbeing. This course is designed to help you overcome the barriers to cooking from scratch learning new skills and enjoying delicious meals without breaking the bank.

The course includes

- Exploring barriers to cooking from scratch
- Using a variety of kitchen equipment including slow cookers and air fryers
- Planning meals and budgeting tips
- How to make meals with less than 5 ingredients
- Cooking a meal in less than 30 minutes
- Batch cooking

With support from volunteers at Green Spaces for Wellbeing, GITC gardening group, Holy Trinity Church and Macclesfield Care Community we aim to grow our own fruit and vegetables ready to cook.

If you are a Hurdsfield resident interested in growing or cooking or BOTH please get in touch with Cllr Sarah Bennett-Wake.

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