

## Course Information Sheet

### Money Saving Cooking: Stretch Your Budget & Unleash Your Inner Chef!



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**Course Summary:** Learn to cook delicious and nutritious meals for less! Master store cupboard essentials, explore budget-friendly cooking methods, and create a variety of affordable dishes.

**Course Description:** Feeling the pinch? Take control of your grocery bill and discover the joy of cooking with our fun and informative Money Saving Cooking course! In just 4 weeks, you'll gain the skills and confidence to whip up delicious meals using store cupboard staples. We'll explore clever ways to utilise leftovers, master cost-effective cooking methods from batch cooking to one-pot wonders, and guide you through creating a range of budget-friendly dishes, from hearty stews to vibrant vegetarian delights. Get ready to transform your culinary repertoire and save money at the same time! Your tutor will tell you what to bring for the sessions but the ingredients will be provided for the first session. Develop maths skills in a fun way.

**What will I learn?** (Subject to change as the needs of the group may change)

- **Week 1:** The Power of the Store Cupboard – Learn to build a versatile store cupboard packed with essentials, explore clever substitutions, and discover budget-friendly meal planning strategies.
- **Week 2:** Budget-Friendly Cooking Methods – Master cost-effective cooking techniques like batch cooking, slow cooking, and using leftovers creatively.
- **Week 3:** Meals on a Budget – Explore a variety of budget-friendly dishes, from protein-packed pastas to vibrant veggie curries. Learn to adjust recipes for affordability and discover healthy substitutions.
- **Week 4:** Putting it all Together – Develop your meal planning skills, create a personalised budget-friendly shopping list, and gain confidence cooking delicious and affordable meals for yourself and loved ones.

**How will I be assessed?**

- **Formative:** Weekly practical cooking exercises, group discussions, and recipe creation challenges.
- **Summative:** Presentation of a budget-friendly meal plan and a cooked dish showcasing learned skills.

### **Who is this course for?**

Anyone looking to save money on groceries while enjoying delicious and nutritious home-cooked meals. This course is ideal for students, young professionals, families on a budget, or anyone who wants to learn how to cook affordably.

### **Progression Opportunities:**

This course provides a strong foundation for further culinary exploration. Consider progressing to:

- Intermediate Cooking Skills courses.
- Specialist Cuisine courses (e.g., Italian, Thai).
- Level 2 Certificate in Professional Cookery.

### **Career or Job Enhancement Pathways:**

This course can be a stepping stone towards various careers, including:

- Commis Chef
- Kitchen Assistant
- Personal Chef (with further qualifications)
- Food Blogger/Content Creator (with additional marketing skills)
- Kitchen assistant
- Hope help
- Carer

### **How do I enrol?**

The quickest way to enrol is online at [www.oucoursesouthwest.co.uk](http://www.oucoursesouthwest.co.uk), simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

### **How will the course be delivered?**

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

### **Will I need to practise outside the classroom?**

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

### **How will I know I'm making progress?**

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

### **What will I need?**

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

### **Please note:**

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

