



# Grow, Cook, Eat & Compost with Lewes FC

These workshops will develop your

SELF-SUFFICIENCY - GROW YOUR OWN  
FRUITS & VEGETABLES

SUSTAINABILITY - LEARN HOW TO REDUCE  
FOOD WASTE

CREATIVITY - GET TIPS ON HOW TO COOK A  
VARIETY OF MEALS WITH LIMITED INGREDIENTS

WEEKLY TUESDAY SESSIONS  
FROM 9TH APRIL - 28TH JUNE  
10AM - 1PM  
AT THE DRIPPING PAN

SO COME BE PART OF A FRIENDLY,  
SOCIAL ENVIRONMENT WITH A  
RELAXING POSITIVE APPROACH TO  
COMMUNITY

THIS IS FREE TO ATTEND,  
PLEASE SCAN THE QR CODE  
OR MESSAGE 07594760471  
TO BOOK YOUR PLACE



FREE WORKSHOPS!

