

Lunch at the Allotment



Learn to cook or join us for a FREE healthy lunch
Wednesday 11.30am to 1.30pm



Available Dates:

27th September, 4th, 11th, 18th October
8th, 15th, 22nd, 29th November



For more details and to book your slot
email Maria

headwaylancaster@gmail.com

Call 07791 347 455

A fantastic opportunity to
participate in cooking,
learn about healthy food
choices and best of all, to
eat a healthy meal.

If cooking arrive no later than 11.15am.

If Eating only, arrive 12.30pm.

Dorrington Road Allotments

Lancaster LA1 4TD

Park by Scout Hut or drive through gate
for drop off/pick up. No parking on site.

All for free!!

8 cooking places and up to
20 free meals per session

Brought to you by Headway Lancaster and Morecambe Bay in partnership with
Bounceback Foods and funded by LDCVS Community Health Champions Fund

