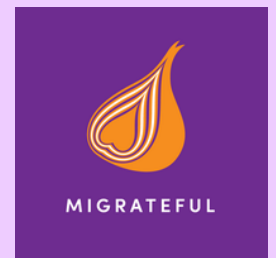


YOU'RE INVITED! [FREE] COOKERY DEMONSTRATION



We support asylum seekers, refugees and migrants by training them to teach cookery classes where they share their traditional cuisines, recipes, culture and stories.

We want you to watch one of the Migrateful Chefs demonstrate how to make 3 vegetarian or vegan dishes. You'll sample each dish, and be invited to ask questions and give feedback.

We have **14 FREE TICKETS** in each of the sessions below.

- **Mon 26 February**
Charity's Nigerian
Cuisine

- **Wed 28 February**
KTK's Pakistani
Cuisine

- **Mon 4 March**
Faten's Syrian
Cuisine

- **Wed 6 March**
Fatima's Iranian
Cuisine

- **Mon 11 March**
Najee's Afghani
Cuisine

- **Wed 13 March**
Sanobar's Tajik
Cuisine

- **Mon 18 March**
Shereem's Sri
Lankan Cuisine

WE CAN'T WAIT TO MEET YOU!

Demonstrations are held at Migrateful Cookery School, 3 Corners Centre, Corporation Row, London EC1R 0HU. Please arrive at 12.45pm. The session starts at 1pm and finishes about 2.30pm.

Please contact Chloe, Chef Development Officer, via chloe@migrateful.org or WhatsApp +44 7522 502368 if you have any questions.

**SCAN THE QR CODE TO
BOOK YOUR TICKET!**

