



**Free** for  
members of any  
Lincolnshire  
based branch

# Slow Cooker Demo

Tuesday 22 October 2024

5:00pm - 8:00pm

Central Lincoln

Green Synergy will demonstrate how to  
prepare and cook meals in a slow cooker

- Watch a slow-cooker meal being prepared
- Discuss myths around slow cookers
- Sample the slow-cooked meal
- Take recipes home to try



**Apply**

For help with your booking -  
[unisonlearninglincs@gmail.com](mailto:unisonlearninglincs@gmail.com)

**UNISON**  
East Midlands

