

Black History Month

WORLD FOOD EVENT 30th October 2013

C.A.F.E, 209A Coldhambour lane, SW9 8RU
(across the road from Loughbrough Junction Station)



3pm – 5pm Cooking demonstration

5pm -8pm Food tastes from...

Algeria, Eritrea, Nigeria, Caribbean & Pakistan

Organised By R@yC.A.F.E in association with LETRA

Enjoy a fun & engaging Cooking Demonstration by local cooks, taste delicious food and take away recipes for healthy, economical meals. Why not come in national dress and celebrate the diversity of cultures in Loughbrough Junction! Free entry.



Help us plan the next stage of this project – regular cooking classes about meals from scratch, meal planning, keeping meals healthy and bulk buying of food.

More info from LETRA 07834 828 292 or loughboroughtra@gmail.com