




# SUSTAINABLE SUNDAY



A series of workshops  
to help you make the most of your food

**St. Mary's Church Polygon Centre**  
**St. Mary's Road**  
**Ealing W5 5RH**

**SUNDAY 18TH OCTOBER 7.30PM TO 10.00PM**



**COME AND LEARN HOW TO BE MORE  
CREATIVE, SUSTAINABLE & SELF SUFFICIENT  
WITH YOUR FOOD GROWING, PREPARATION & COOKING**



## WORKSHOPS

Breadmaking  
Gluten Free Baking  
Simple Vegan Food  
Beginners guide  
to macrobiotics  
Bee Keeping  
Chutney Making

**£5**  
per  
workshop



**More info on our website [www.edibleealing.wordpress.com](http://www.edibleealing.wordpress.com)**  
To book workshops please email **[edible.ealing@gmail.com](mailto:edible.ealing@gmail.com)**