

Cooking demo at Muirhouse community shop



Today in Muirhouse Community shop local resident Diane Pearson will be teaching everyone her very own Chicken & Rice soup. Staff from Pilton Community a Health Project will be assisting.

The aim of these demos are to teach others that meals do not need to be expensive, eating on a budget springs to mind.

Pop in between 11am and 1pm – Free taster too

More information <http://www.facebook.com/trimgroup>

Submitted by [Robert Pearson](#)

