

# Community & Social Action

## Eat Well, Spend Less!

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### Two Days, One Night at Northern College

Join us for a fun-filled, hands-on experience designed to help families cook smart, eat well, and spend less.

When does this start and end?	What are the entry requirements?	Need more information?
<ul style="list-style-type: none"><li>21 March 2026 - 22 March 2026</li></ul>	None	You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us <a href="mailto:courses@northern.ac.uk">courses@northern.ac.uk</a>

### Want to learn more?

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You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

### Course session dates

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6th December – 7th December 2025

21st March – 22nd March 2026

**Last updated:** 18th December 2025