

Eat the Rainbow! Anti-Inflammatory Seasonal Cooking



Join the Made in Hackney team at this hands-on community cookery class.

About This Event

Together we'll explore how different natural colours on your plate provide a variety of beneficial nutrients, and how simple seasonal produce, herbs, spices, and whole foods can help reduce inflammation. This class will be a mixture of practical cooking, demos and time to ask questions. We are now returning to 'family style' cooking with everyone cooking in groups. This creates more of a communal and interactive experience, working together as a team. All ingredients and equipment needed for the class are provided. To book your place, please visit: <https://madeinhackney.org/community-form/>

Accessibility Information

Made in Hackney is wheelchair accessible. Made in Hackney kitchen spaces handle allergens and cannot guarantee food will be allergen free. You will be cooking at your own risk. Please aim to arrive at least 5 minutes before the class



Event Time

Thu,
19th Mar
2026

11:00am - 1:00pm



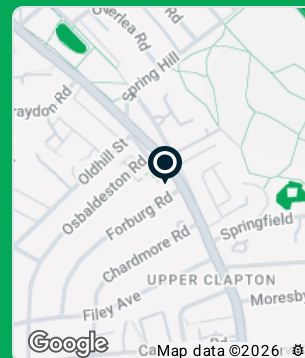
Event Price

Free



Event Location

Made in Hackney
(Liberty Hall)
128 Clapton
Common, Spring Hill,
Clapton, London
E5 9AA



to settle in comfortably. To avoid disrupting the session and to ensure we finish on time, we're unable to admit anyone who arrives more than 10 minutes late.

