

FROM POOR DIETS TO RICHER LIVES





**EAT BETTER,
FOR LESS**

CHICKEN FAJITAS

INGREDIENTS

- 250g chicken breast
- 1 pepper, red, yellow or orange
- 1 medium onion
- 1 Tbs...



EVERYONE SHOULD BE ABLE TO AFFORD GOOD FOOD

Bags of Taste is a comprehensive programme that takes people in poverty from eating unhealthy food to enjoying better diets and healthier finances.

WE UNDERSTAND WHY PEOPLE DON'T COOK IF THEY'RE HARD UP

It's about so much more than cooking. Eating well is so much harder if you're hard up. Cost, confidence, having the equipment, energy costs, the risk of trying and wasting new things; cheap, tasty and easy alternatives, and family food preferences are all very real reasons people don't cook for themselves.

Our classes provide the **inspiration**, the **confidence** and the **practical help** to get over those barriers.

OUR FOOD IS AMAZING

Exciting, authentic recipes like Singapore Noodles, Saag Paneer, French Onion Soup and Jambalaya are all within reach after attending our classes. Costing just £1 a portion, and surprisingly easy to cook, participants are proud to show off their cooking to others.



**BREAKING
THE CYCLE OF
FOOD POVERTY**



HELPING OVERCOME BARRIERS

Delicious food & enthusiastic volunteer peer mentoring from previous participants, provide the **inspiration**.

Fun, hands on practical sessions, plus a social-isolation busting community meal showing off and enjoying what they've cooked, provide the **confidence**.

Pre-prepared £3 ingredients bags with everything needed to cook again - for four - at home, detailed local shopping advice for the future, and heavily subsidised equipment, provide the **practical help**.

COOK, EAT, REPEAT

People who come on our course are excited to buy an ingredients bag to take home and try on family and friends. By the end of the course, 7 out of 10 participants have cooked those recipes again for a **third** time - they've gone out and bought everything on their own, to repeat what we've taught them.

CHANGING THEIR OWN FUTURES

The simple act of cooking at home leads to so many positive outcomes which keep people cooking: praise, pride, improved relationships & wellbeing, better physical and mental health; and a phenomenal £1,350 a year annual saving on food and takeaways. This frees up cash and helps alleviate stress and debt.

London
Hastings
Sheffield
Thanet



Learn great recipes
that cost less than £1.

For more info or to register:
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