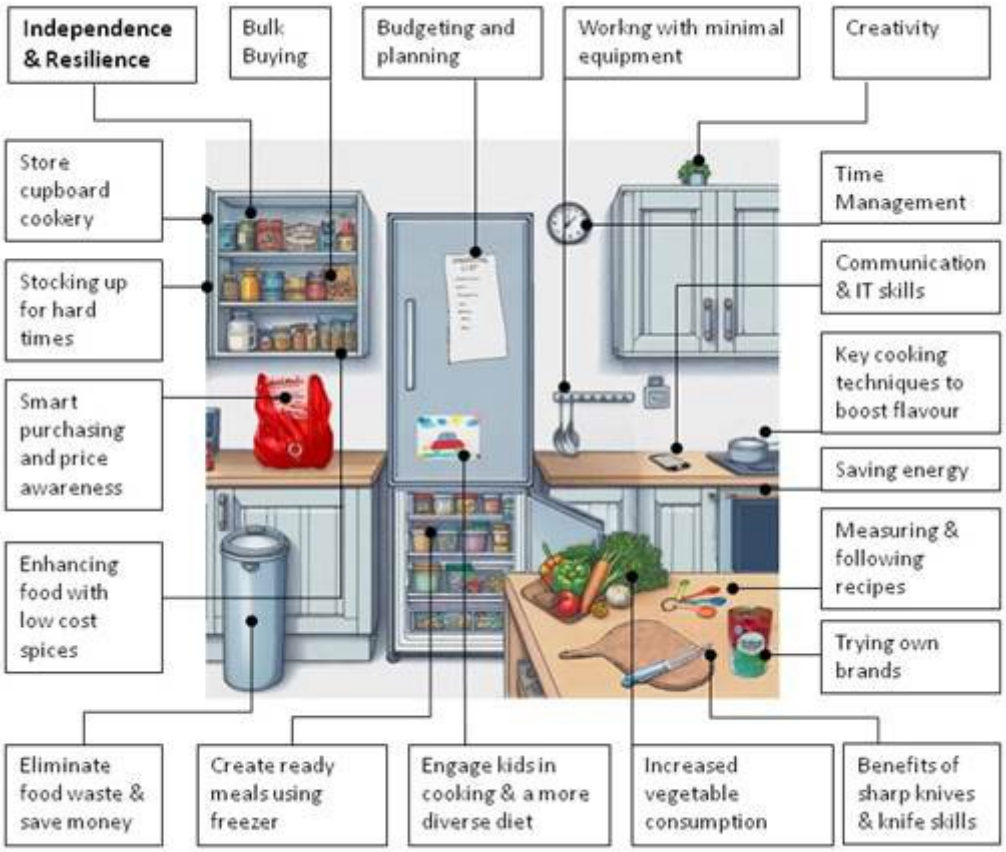
www.bagsoftaste.org focuses on helping individuals and families improve their long-term health and finances while building their resilience and confidence through an independently evaluated cooking programme.

Bags of Taste works across England, including multiple London boroughs, with people who are struggling to make ends meet. These may be young people, families, single parents, pensioners, socially isolated people, people over reliant on ready meals and fast food and/or people with physical and mental health conditions. You can find the areas covered here: https://bagsoftaste.org/courses/.

The programme aims to change people's mindset by providing a structured and supported 2-week programme. Many of the previous participants have saved around £1,060, which is particularly important with the rising costs of living. Children have also enjoyed getting involved in the cooking and trying out new foods.

Bags of Taste will arrange delivery of a FREE bag of ingredients for three delicious low cost meals (that make about 7 meals) to the referred client's door and mentor them by WhatsApp or phone over a two week period while they cook in their own time.

After completing the programme, the participant will receive their certificate, a further pack of recipes, and an invitation to join our Bags of Taste graduates Facebook or WhatsApp group where further recipes and support is given.



Please email hackney@bagsoftaste.org for further details

You can also register them directly via the website: https://bagsoftaste.org/courses/course-registration/