



**Save money and cook better
than the takeaway**

JOIN OUR **FREE** FUN COOKING COURSES

...all you need is a kitchen and a phone!

FREE
fun cooking
courses **AT HOME**
Cook great food in
just two weeks!
Impress friends
and family

Exciting meals can be quick, fun, easy and cheap to cook with our **FREE** (ingredients included), flexible, home-based short courses



CHANA MASALA



ITALIAN PASTA SAUCE



MIDDLE EASTERN PILAF



To register

Phone or text/Whatsapp **07751 890 912**

or email: **Braintree@bagsoftaste.org**

or you can sign up online:

<https://bagsoftaste.org/students>



Are you worried about the rising cost of food and how to eat healthily on a tight budget?

Then join one of our free, fun cooking courses. Learn how to make delicious, healthy meals from all over the world whilst saving money.

All you need is a kitchen and a phone!



About the course

- **FREE**, ingredients included*
- Cook tasty, healthy meals, cheaply
- Get tips on how to budget and save money when you're shopping
- Learn how to waste less

How does it work?

- We deliver three step-by-step recipes and all the ingredients you need, straight to your door
- Your personal mentor will support you by phone or WhatsApp with lots of tips and advice along the way
- At the end you'll get a free gift of wallet-friendly recipes

What do I need to do?

- All we ask is that you cook the three recipes and send us photos of your lovely food!

How long does it take?

- About two weeks but you can work at your own pace

How do I join?

- Register online:
<https://bagsoftaste.org/students>
- Call/WhatsApp **07751 890 912**
- Email **Braintree@bagsoftaste.org**

Once we've confirmed your registration we'll contact you to arrange your delivery



**LEARN TO
COOK**



**EAT LESS
TAKEAWAYS**



**SAVE
MONEY**



**IMPROVE
HEALTH**



**HAVE
FUN**

* For qualifying participants only