



JOIN OUR **FREE**, FUN COOKING COURSES

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



SUFFOLK
Community
Foundation

Funded by the Bluebell
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Foundation

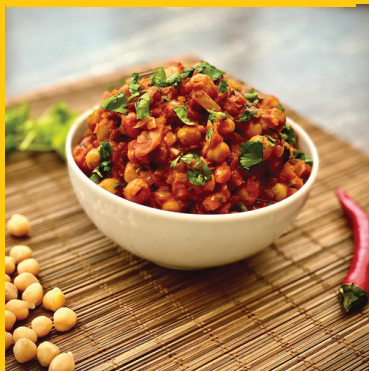
SAVE MONEY, COOK BETTER THAN THE TAKEAWAY

FREE & FUN
cooking courses
AT HOME

Cook great food
in just 2 weeks!

**Impress your friends
& family**

CHANA MASALA



ITALIAN PASTA SAUCE



MIDDLE EASTERN PILAF



SCAN ME

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

To register: <https://bagsoftaste.org/students/>

Tel: **07751 890912**

Email: ipswich@bagsoftaste.org

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

- 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 3 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:
www.bagsoftaste.org/students
- Call/Whatsapp **07751 890912**
- Email **ipswich@bagsoftaste.org**

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

* Free for participants in receipt of Benefits



**LEARN TO
COOK**



**EAT LESS
TAKEAWAYS**



**SAVE
MONEY**



**IMPROVE
HEALTH**



**HAVE
FUN**