



**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 on **07813678660**

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

or you can sign up online:

**<https://bagsoftaste.org/students>**



Hertfordshire  
Community  
Foundation



**Hertfordshire**

# 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 **07813 678 660**
- Email [welhat@bagsoftaste.org](mailto:welhat@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