



**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 **07960 883 771**

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

or you can sign up online: **<https://bagsoftaste.org/students>**

**EARLS COURT  
COMMUNITY  
FUND**

**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 **07960 883 771**
- Email **kandc@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