

Bags of Taste: Cooking Sessions

Bags of Taste used their grant of £4,667 to deliver two food courses for people in food poverty, teaching them to shop, cook and eat better on a tight budget. Ingredient bags are then on offer to participants for £3 that makes four meals for the students to practice what they've learnt at home. Participants were recruited through the Jobcentre, the local food bank, personal referrals, health related referrals, learning disabled services and housing associations as well as through local advertising.



- 52 students learnt how to cook meals for under £1 per portion and received advice and support on cooking skills, reducing food waste and where to shop in the local area to reduce costs
- 43 volunteers supported the activities of whom 50% are ex-students and members of the local community
- 6 participants are now volunteering on a regular basis to support new students
- 96% of participants reported a reduction in their isolation
- 84% reported eating more healthily and increasing their consumption of vegetables
- 97% of participants felt more confident in themselves
- 74% said they were saving over £10 a week on average after attending (over £600 per year)

"I enjoy meeting people everyone is very friendly plus you learn a different way of cooking. Love it."

"It has inspired me to cook more healthy meals and use more fresh ingredients. So handy to know about buying cheaply"

"Doing this course has helped my son to take a break in studying as we will cook a meal together. It has also introduced me to new spices and recipes. I feel more confident to cook properly and to eat healthier."

