

BAGS OF TASTE



A free cooking course for east Londoners on low incomes

Bags of Taste offers free hands-on cooking classes, improving confidence and getting people eating better for less.

Over four weeks, attendees cook and learn great-tasting, simple recipes all made with ingredients costing less than £1 a head.

BAGS OF TASTE

2,500+

attendees

11

Locations around the UK

£1,400

average amount saved on food shops by attendees each year

WHY RUN BAGS OF TASTE AT YOUR ORGANISATION?

A unique and effective approach to improving diets

Bags of Taste is a successful national programme that helps people build confidence and the ability to cook healthy and affordable food at home.

Free to run at your organisation

Quaker Social Action has been funded to run 8 courses in Tower Hamlets over the next year, and are looking for partner organisations to work with.

Fun sessions with an opportunity to take ingredients home

Classes are run with the help of a group of brilliant volunteers who ensure people enjoy themselves in a social setting. After classes, people can purchase a bag of ingredient to take home and try again.

What we'd need from you

We would need your commitment to promoting the course to service users, the recruitment of two volunteers and a suitable space in which to run the classes.

GET IN TOUCH

Want to find out more?

Find more online or contact Mostofa
074 6213 2824 | bagsoftaste@qsa.org.uk
www.quakersocialaction.org.uk/cooking



“

Now I am cooking at home more than I ever did. This has really given me confidence and inspired me!”

Bags of Taste student.

