



01

Cook better than the takeaway!



02

Save Money



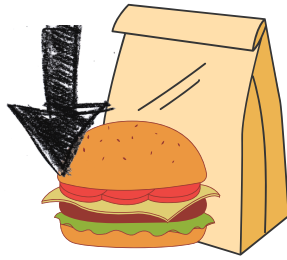
03

It's fun



04

Eat better food...



05

...and less takeaways and ready meals



06

Improve your health

Why join a Bags of Taste Mentored Home Cooking course?

70% of people identified ways of reducing food costs



86% of participants cooked more after the course



71% said that they feel more confident to cook



07

Feel more Confident



08

Helps maintain a healthy weight



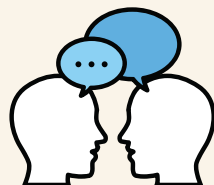
09

You can do it with your kids



10

Better mental health



11

A sense of community



12

Waste less and save the planet