

Bankwood Community Primary School

Encouraging pride, progress and responsibility

Bankwood Close

Sheffield

S14 1LW

Telephone: 0114 2396711

Fax: 0114 2658438

Email: enquiries@bankwood.sheffield.sch.uk

Website: www.bankwood.sheffield.sch.uk

Dear Parent/Carer,

At Bankwood Community Primary School, we work with the Eat Smart Agenda to promote healthy cooking and eating in the community. They have sent us some information letting us know that **Bags of Taste's FREE mentored cooking courses** are back!

They currently have limited spaces left for September courses and lots of places available for October courses. The course is open to Sheffield residents – **all you need to take part is a kitchen with basic equipment and a phone**. The courses help people to gain the skills they need to cook healthy food on a small budget.

About the course

On registration, they deliver a free bag of ingredients sufficient to cook 7 portions at home. They provide personal mentoring via Facebook Messenger, WhatsApp, email or phone to teach students useful cooking skills based around 3 simple recipes that allow for a lot of variation and can be made for less than £1 a portion.

Groups are kept small to enable students to form supportive relationships with each other, while the mentor can offer emotional support and befriending, if the student doesn't have access to the internet they can provide one-to-one mentoring over the phone. On finishing the 2-week course, they provide online or offline resources to further students' development and learning.

How to register

Bags of Taste take referrals and self-referrals

via email sheffield@bagsoftaste.org, alternatively text or call 07757393758.

Please don't hesitate to get in touch with Clio from Bags of Taste on 07757393758 if you have any questions or would like to discuss any of this further.

Please see the attached flyer for more information.

Yours sincerely,

E. Witten

Class teacher

Recipes **3** Meals **7** Fun **lots**

JOIN THE **FREE BAGS OF TASTE** VIRTUAL COOKING COURSE

Join us on our
"virtual course" – a short adventure
into the world of **Bags of Taste**. In our
world, food is exciting, inspiring and really
delicious, but also easy and **really cheap!**
We have recipes from all around the world.
Our course teaches three "taster" recipes,
which have been specially chosen to
give you the basic techniques so
you can then try many other
**delicious Bags of
Taste £1
recipes.**



To register for this free course,
email sheffield@bagssoftaste.org
or call Clio on 07757 393 758

OUR **BUDGET COOKING** MENU:



CHANNA MASALA a classic
curry beloved by Indians the
world over – proper, authentic
homestyle Indian cooking,
better than the takeaway!



ITALIAN PASTA SAUCE – home
made is so much better than
jars!! Twist it your way, with or
without meat or tuna, it's a
versatile basic dish everyone
should know



MIDDLE EASTERN PILAF
whether you make this with
chickpeas or chicken, this is a
fabulous tasty one-pot dish,
perfect for weekday suppers