

**Cooking Good are partnering with the Northampton Hope Centre to offer training to volunteers who support food distribution or others who offer community assistance**



## **Cooking Good is a community cooking project with budget and family-friendly food at its heart and we're here to help!**

Cooking a mix of simple, healthy meals on a budget can be a daunting task, so we provide uncomplicated recipes with useful demos (face to face and online) to make the preparing, cooking and eating of everyday food a less stressful and more enjoyable experience.

In the current climate, we are all thinking about cooking on a budget, going out to buy food less often, reducing waste and making our food go further.

This training will equip volunteers to deliver advice and support to clients throughout the community who are in receipt of Hope food distribution services.

We aim to provide interactive online resources for volunteers and vulnerable families to address need and food availability. These include weekly videos of cooking recipes from scratch and articles on cooking techniques, food hygiene, information about where to access food, cooking on a budget, reducing waste, cooking with and batch cooking/ storage of ingredients.

### **Find us online**

[www.cooking-good.co.uk](http://www.cooking-good.co.uk)

[facebook.com/cookinggooduk](https://facebook.com/cookinggooduk)

[instagram.com/cookinggooduk](https://instagram.com/cookinggooduk)



**WEDNESDAY**

**25<sup>th</sup> November 2020**

**10am via ZOOM**

**Register your interest at  
[info@cooking-good.co.uk](mailto:info@cooking-good.co.uk)**

**\*\* Making a difference, one meal at a time \*\***

