

An Empowering Communities Programme

5th September 2024

The Local Area Committee would like to invite parents/children to a free online cookery class which is run through Bags of Taste, Sheffield.

Bags of Taste Sheffield <u>https://bagsoftaste.org/</u> is the local branch of Bags of Taste, a National organisation helping run **free** mentored cooking courses (3 video's online to watch, 20 mins max). They specialise in supporting people experiencing a number of challenges in their lives, including cost of living. They currently support around 1500 per year in multiple locations and it has become a leading authority on food poverty and health inequality.

Michelle Dwaine, Local Area Committee Community Development worker will meet with 10 parents/carers from your school, providing ingredients and recipes for 3 delicious and healthy meals. It will take around 30 minutes of your time. You then take the food home, log onto the Bags of Taste website and try out the recipes.

If you would like to take part in this event, please email school at <u>enquiries@ecclesall.sheffield.sch.uk</u> by Friday, 20th September 2024.

Kind Regards

South West Local Area Committee People Portfolio Sheffield City Council