



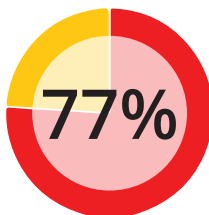
IMPACT REPORT 2022

THIS YEAR IN NUMBERS

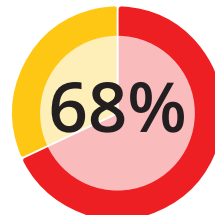
Supported
1983



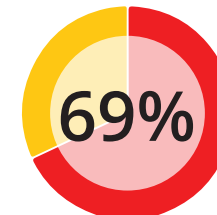
people through our Mentored home cooking courses across the country



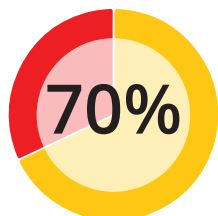
Completed



More confident



Cook more



found ways to reduce spend

As an average, students told us they could save

£17.81 a week
£926.12 a year



Worked with over

500

referral partners

Worked with over

250

wonderful volunteers

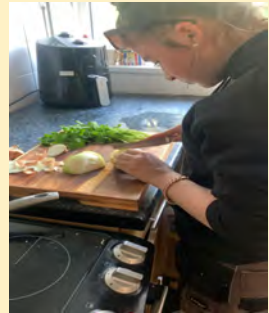


Been supported by over

50

fabulous funders and donors





OUTCOMES

Improved health and well-being



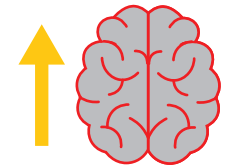
Making friends



Significant cost savings



Improved mental health



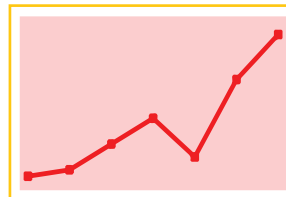
Cooking and eating with the family



Motivation to cook again



Confidence building



Eating less ultra-processed and junk food





"I wasn't really interested in eating before for mental health reasons but now I've begun to try more things. So glad I did it as it meant a lot to complete something."

"The recipes were simple and quick which helped me as I struggle to focus. I've learnt how to save a lot of money and gained confidence. You've taught me a whole new way of cooking and the course has given me a new avenue for looking after myself."

"This course has been a life saver for me. Easy to follow nourishing recipes, vastly reduced food bills, what more could you ask for! Contacting new people, you don't have to meet face to face to hold a conversation with. I am so grateful."

"It doesn't sound much in the grand scheme of things but cooking these recipes felt like a huge accomplishment for me. I used to love cooking from scratch but I haven't for a while and I spent a lot on takeaways. It's great to cook nutritious food."

"I found making food for the children that they liked really rewarding. I always felt bad about not having confidence in the kitchen and I felt like a better parent being able to put meals together. I'd like to be able to teach my children too."

"I have diabetes and the recipes have helped me get my sugar levels down. I now cook some to eat and put the rest in containers for another time. If I entertain anyone, I can now have something prepared and ready to finish off. It's a change from when all they got was the ping from the microwave."

WHAT THE STUDENTS TOLD US

"I'm a carer for my son who has learning needs. I was able to cook with him and share food. He likes to be independent and cooking together made him feel good and gave him the chance to learn something new."

"I've really enjoyed the experience. It has been so easy having the bags delivered with everything measured out. I liked that there was support and advice throughout. Being in a group on Whatsapp made me be accountable and it was great to share pictures. Thank you so much."

"It's been extremely satisfying, pleasurable and fulfilling. Never thought I'd enjoy it so much as I had no cooking skills at all. I have learnt so much. This course has given me a passion for cooking but also helped with my mental health and has been extremely therapeutic."

A huge thanks to everyone who supported Bags of Taste this year – our referrers, partners, volunteers and funders and donors. To find out more about what we do and to get involved, go to www.bagsoftaste.org

CHANGING DIETS | CHANGING LIVES