



DID YOU KNOW THAT EATING BETTER CAN HELP YOUR MENTAL HEALTH?

HOW?

New research shows that a better diet is as effective as drugs for common mental health conditions like depression and anxiety, with no side effects. You are what you eat!

WHAT DOES IT COST?

Healthy food doesn't have to be expensive! We will give you the ingredients to try out **FOR FREE** and show you how to **eat better, for less**, every day.

WILL I LIKE IT ??

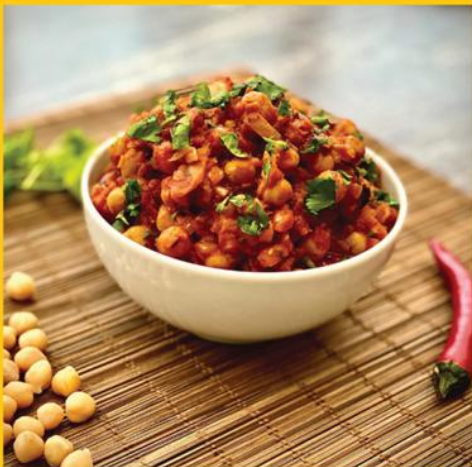
You don't have to give up tasty food to eat better. Bags of Taste will help you to **cook better than the takeaway** and because you'll be cooking at home, your family will get to try it, too!



To join our free* & fun, home-based, 2-week course, Register online at www.bagsoftaste.org or phone/text/WApp 079 2324 8586
Email: hackney@bagsoftaste.org

*free if you're on benefits

CHANA MASALA



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