

The Bags of Taste Mentored Home Cooking Course

A step by step guide



Before starting the course

Small groups are connected with a friendly Bags of Taste mentor via WhatsApp or telephone.

STEP
01



Ingredients delivery

Students receive a **FREE** bag of ingredients delivered to your door. The food package is enough for 7 meals (3 different recipes)! You'll receive step by step recipes and equipment such as measuring spoons and a knife sharpener.



Mentor support

Mentors guide you through the course with clear instructions including cooking, budgeting and local shopping tips, and specially created videos - great support means you can't fail! Your mentor and staff can answer any questions you may have.

STEP
02

STEP
03

The students



You can cook the 3 delicious recipes in your own time when it's convenient for you - everything you need is in the bag, ready for you. All we ask is you share photos of your progress with your mentor and team. Cooking with others makes it more fun and helps you to keep on track, without too much pressure.



After the course

You'll receive a graduation pack with 9 more recipes, a certificate and a small gift. These delicious, yet low budget recipes from around the world help to build on the skills you learned in the course. You can also join our "follow on" online groups on WhatsApp or Facebook giving you access to over 80 different international recipes with videos and tips, to inspire your cooking journey.

STEP
04

STEP
05



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