

WHAT'S IN THE **FREE** INGREDIENTS BAG?



Enough food for 7 meals!!

- All the recipes and instructions
- A knife sharpener
- Measuring spoons
- Recipe kits for 3 different recipes
 - Channa Masala curry
 - Tomato Pasta Sauce
 - Middle Eastern Pilaf
- Fresh ingredients for the fridge
- A local shopping guide



CHANGING DIETS
CHANGING LIVES
www.bagsoftaste.org