

# Need to save money on food bills? You can cook great food for 50p a portion!



ITALIAN PASTA SAUCE



CHANNA MASALA



MIDDLE EASTERN PILAF

Want to learn how? It's easy, fun, completely **FREE**,  
and you can do it at home.



**SAVE MONEY**  
**COOK BETTER THAN THE TAKEAWAY**

Register now: Phone/text/Wapp Justin 07986 04 24 58

Email Justin on: [islington@bagsoftaste.org](mailto:islington@bagsoftaste.org)

\*free course and ingredients for qualifying participants only

As featured in:

  
**GoodFood**

**TheObserver**

delicious. magazine