

THE RED HEN PROJECT CLUB COOK

Over recent years, we have run several very successful budget cooking programmes, most recently in partnership with Cambridge Foodbank. Since COVID-19 meeting together in person isn't possible, we've developed a **new virtual cooking club for families struggling on a tight budget.**

For each recipe, participants will receive a package of store cupboard ingredients typical of those given out by the Foodbank, topped up with fresh products as necessary. Families will have access to simple step-by-step videos and recipes cards.

The delivery of the food packages from a Red Hen Project Worker, will provide vital support and engagement for the families and will develop as appropriate/necessary.

Families will be encouraged to actively share success and struggles in a closed WhatsApp group, with the aim to encourage a club feel and allow peer support between families to develop. The project worker will also keep in touch with each participant individually.

We are targeting families who have made use of a Food bank vouchers or other food support within the last year.



To refer a family please
contact jen@redhenproject.org