



Save Money



Fight Food Waste



Eat Healthily



Learn to Cook



Nourishing Our Nation

NOURISHED[®]

Free money-saving, waste-preventing, cookery courses and tips



FREE

JOIN US NOW:

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NOURISHED](http://WWW.UKHARVEST.ORG.UK/NOURISHED)**

As the cost of living continues to rise, we're all looking for ways we can reduce our monthly spend. Making small, lasting changes to the way you plan, shop and cook your meals, is an effective way to save money in the kitchen - so explore our free sessions and join our mission to end food waste!

We'll help you make the most of your weekly shop through our interactive and engaging sessions that are designed for you to save money, food, and the planet. From online videos to live cook-alongs, we'll whip up delicious meals together whilst sharing our favourite kitchen tips.

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