



Save Money



Fight Food Waste



Eat Healthily



Learn to Cook

NOURISHED[®]

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



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.



JOIN US NOW!

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Nourishing Our Nation

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