NOURISHed®

Free money-saving, food 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 will whip up delicious meals together whilst sharing our favourite kitchen tips.

JOIN FOR FREE! WWW.UKHARVEST.ORG.UK/NOURISHED

01243 696940 | @UKHarvest | www.ukharvest.org.uk Registered Charity Number 1171916



Save Money



Fight Food Waste



Eat Healthily



Learn to Cook



Nourishing Our Nation

TESCOCommunity Grants