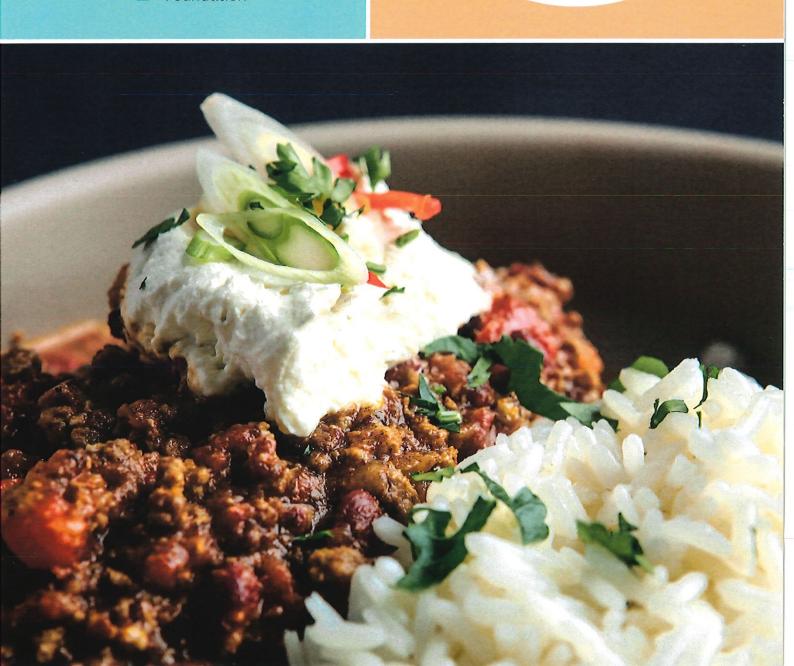


For 12 weeks you will receive

£540

worth of fresh meals & staples for

£100



ABOUT THE RIVERSIDE /WELLFED PARTNERSHIP

Riverside, working in partnership with Can Cook are creating a first of its kind programme called Well-Fed Langley. The programme will make Langley a place where everybody is able to eat good food at an affordable price.

At Well-Fed, our meals boxes are of the highest quality and we make them available so all of our customers can eat well and cook easy at home.

WHAT WE OFFER



5 RECIPE PACKS

Fresh ingredients and recipe cards to create 5 fresh, homecooked meals weekly.

AND ...

STAPLE ITEMS

Your everyday essential items such as bread, milk, eggs, butter and cheese.



HOW IT WORKS

The Well-Fed Meal Box programme runs for 12 weeks. Your first 4 weeks are FREE and the following 8 weeks are charged at a discounted rate. For the 12 week period, you will receive a total of £540 worth of food for £100.

| Weeks | Families (2-4 people) | Large families (5-8 people) | Individuals |
|-------|-----------------------|-----------------------------|-------------------|
| 1-4 | FREE | FREE | FREE |
| 5-8 | £10 (worth £45) | £20 (worth £90) | £5 (worth £23) |
| 9-12 | £15 (worth £45) | £30 (worth £90) | £7.50 (worth £23) |

ANY QUESTIONS

If you have any questions about the delivery, please contact the Well-Fed team on **01244 819 543** or email faith@cancook.co.uk

INTERESTED?

Register your interest by scanning the QR code





