

# WELL -FED

**LANGLEY**

In partnership with



For 12 weeks  
you will receive

**£540**

worth of fresh meals &  
staples for

**£100**



## ABOUT THE RIVERSIDE /WELL-FED 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](mailto:faith@cancook.co.uk)

## INTERESTED?

Register your interest by scanning the QR code



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**OUR MEALS CHANGE LIVES**