

Eat Well Spend Less:

We live in changing times, with food prices increasing and yet the choice of fresh, local food has never been greater. Do you need some ideas to make your money go further? We have designed a one week planner for a family of four and a one week planner for a single person to help.

The Eat Well Spend Less recipe guide has been produced by Truro Foodbank and CPR Foodbank to help families with their food budgets and make best use of the food they have.

The guide has been produced in partnership with Inclusion Cornwall and Cornwall Council (Adult Education, Public Health and Health Promotion) and sponsored by Cornwall Community Foundation.

Recently the Eat Well Spend less guide found itself in the hands of Royal visitors. The Duke and Duchess of Kent recieved a copy from Sanjay Jumar, one of the co-creators, when they wete on a trip to the county!





Photo credit - Simon Burt photography