

4th May 2020

Dear parents/carer

Cook with Jack

A leading chef at the Jamie Oliver Cookery School has launched an on-line cookery class. The cook along sessions are fun, easy to follow, and teach some key skills, but best of all, children will have a delicious, healthy and nutritious lunch at the end of it all.

Jack Deane is volunteering his time for Bite Back 2030 and presenting the cook-alongs live from his kitchen at home in West Sussex.

All the ingredients come from the Bite Back 2030 weekly shopping list, price-checked to come within the £15 free school meals budget at a national mid-range supermarket. Please find attached to this letter the list of ingredients.

I would like to share the #CookWithJack# class with your families. For more information about the cook along sessions, please follow the link below:

<https://www.youtube.com/c/biteback2030>

Yours sincerely



Mr Dzoboku
Principal



Join in with a daily lunchtime cook-along, teaching children how to prepare quick, tasty and affordable lunches.

Cook With Jack is shown live on YouTube every school day.

The lunches are prepared using ingredients from a specially put together [£15 shopping list](#).

Chef Jack has tons of fun rustling up simple meals that can be made in around 20 minutes using only basic equipment. The children are encouraged to stay tidy and clean up when they've finished so no mess!

The aim is to encourage pupils to be active in the kitchen, learning some new skills whilst staying at home.

Getting involved is simple - just tune in to the Bite Back 2030 [YouTube channel](#) at 12pm and get going!

Have fun and enjoy eating your delicious creations!



SHOPPING LIST

#BiteBackLunchList

QUORN AND VEG

• Quorn mince (350g)	£3.00
• Salad tomatoes x 6	£0.39
• Loose peppers x2	£0.70
• Redmere farm carrots (1kg)	£0.49
• Broccoli loose	£0.62
• Brown onion loose	£0.09
• Bag of 6 mini apples	£0.62
• Suntrails farm kiwis 6 pack	£0.59
• Ripe bananas 5 pack	£0.89
• Garlic bulb	£0.16

EGGS AND DAIRY

• Large free range eggs x 6	£1.20
• Semi-skimmed milk x 2 pints	£0.80
• Cheddar cheese block (220g)	£1.55
• Greek style yogurt (500g)	£0.69

STORE CUPBOARD

• Tinned red kidney beans (400g)	£0.55
• 8 wholemeal tortilla wrap	£0.79
• Tin of lentils in water	£0.55
• Microwave wholegrain rice (250g)	£0.45
• Store brand passata (500g)	£0.32
• Wholemeal penne pasta (500g)	£0.53
	£14.98

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