

# Tried & Tested Recipe Book

Invite people to contribute simple recipes to make a book together.



Ben, engagement professional

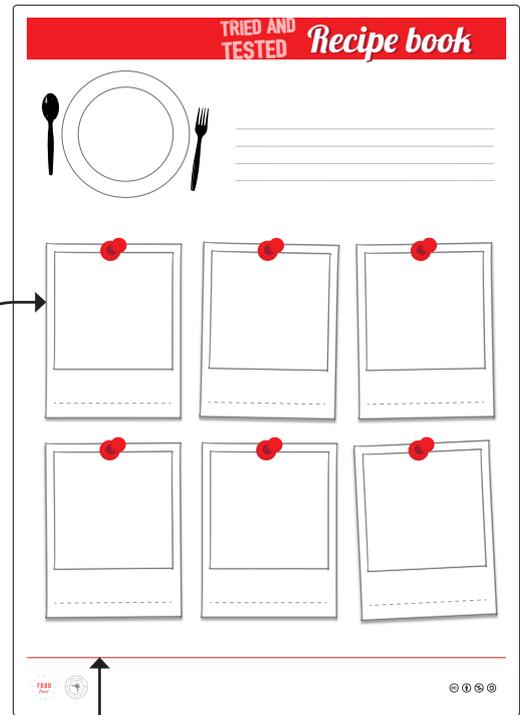
This tool came out of a co-design workshop where the experts with lived experience had loads of simple recipes they relied on (and often shared with others) to make affordable, nutritious meals.

My mum always said that if you've got a bag of potatoes, onions and some milk you can make a meal. But not everyone knows how to. This tool lets folk share tried and tested recipes that don't cost the earth.



Penny, expert by experience

Each box could be an ingredient or a recipe step.



Just six steps to keep things simple. People can always turn the sheet over if they need to.

## Suggestions for use...

### Get Together

- Plan a cooking session where everyone brings 6 ingredients.
- Work together to help people make a meal out of their ingredients.

★ Create a recipe book for the whole group by photocopying the recipes for everyone.

### #FoodHacks

- Ask people to draw or write 6 things they have in their fridge.
- Discuss different ideas for making a meal with them (perhaps with a few herbs and spices).
- Explore where they can save money or time with some useful food hacks.

### Nostalgia

- People love talking about food from when they were kids.
- Use the recipe book to share simple recipes your grandparents or parents used to cook when you were a child.
- Or adapt the tool to ask people to draw 6 childhood meals on one sheet.

### Share your #foodstories

If these tools work for you, please share a photo or a message on Instagram, Twitter, or email



#foodstories  
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