



Willowtown Community Primary School. A World of recipes, a Community of love'.



BBB £5 FAMILY MEALKITS

Chicken & Vegetable Biryani

Ingredients

Chicken cut into bite sized pieces

2 tbsp vegetable oil

2 tbsp medium curry powder

1 stock cube

1 onion

1 carrot

1 potato

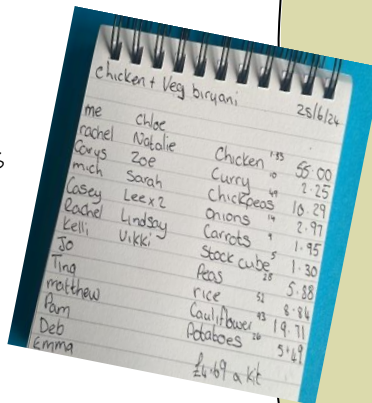
Tin of peas

1/2 cauliflower, broken into small pieces

1 large can (400g) chickpeas drained then rinsed

200g white rice

400ml water



| Chicken + Veg biryani | | 25/6/24 |
|-----------------------|-------------|---------|
| me | chloe | |
| rachel | Natalie | |
| zoe | Chicken | 55.00 |
| Garys | Curry | 2.25 |
| mich | Chickpeas | 16.29 |
| Lee x 2 | onions | 2.97 |
| Rachel | Carrots | 1.95 |
| Kelli | Stock cube | 1.30 |
| Jo | Peas | 5.88 |
| Tina | rice | 8.94 |
| matthew | Cauliflower | 19.71 |
| Pam | Potatoes | 5.67 |
| Deb | | |
| emma | | |
| £6.67 a kit | | |



Following feedback from our BBB users, we began to develop healthy, hearty & affordable Meal Kits that empowered our families to cook together & eat together.

Our goal was to create meals that would inspire our Families to try different ingredients, flavours and food groups at a price they could afford.

Volunteer Emma's 3 Top Tips

- Choose recipes that are easy to follow & based around the EAT WELL PLATE.
- Shop savvy, buy in bulk.
- Use School communication/Seesaw to ensure everyone in the School Community is included.

Whilst the weekly increase in purchases of the Meal Kits continue to increase week on week, we also feel that there is continuous benefits to our Children & Community. These include:

- Health & wellbeing.
- Empowerment - YOU CAN COOK!
- we have a WHATS APP group and encourage our Family Chefs to share photos of their Meal.
- No stigma approach! Barriers in accessing food support are being reduced.
- Increase in footfall into the BBB

A letter from a grateful parent

Dear Mrs Hughes,

May I extend a very large thank you for you and your team's work at the Big Bocs Bwyd! I use your meal kits every week, because I have found them to be so invaluable to our family

Our family mealtimes are usually four people but can sometimes extend to six or more and the Big Bocs Boyd meals are perfect for us. I find all their recipes easy to scale up or down according to how many we are.

I also find them incredible value for money, feeding a family with tasty, good old-fashioned home cooking for a fiver which sometimes also affords left-overs that can be used for lunch is amazing!

On a personal level, I have benefitted greatly from having all the meal prep and thinking done for me, and handed to me ready to go as I leave the premises when I'm picking my son up from school.

The community spirit and close-knit relationships that BBB' seems to have created with its regular users is a great boom to the school but also a lifeline to some of us parents, it's given us a good basis to build relationships with each other and to meet school staff too whom we wouldn't ordinarily talk to except under less favourable circumstances!

Rachel and Emma seem to have an inexhaustible amount of energy and enthusiasm for the project! They are definitely what I call, "people persons" and I believe with Mrs Hughes support they have the drive and direction to be successful at anything they focus on.

BBB seems to be going from strength to strength and I hope it is here to stay because as a parent of a five year old with an elderly Dad I have come to rely on them!

Yours Gratefully,
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