

**£30 for 10 people per day**

Breakfast – cereal/milk/toast/jam = £5.00

Lunch – home made soup (£2.00)/sandwich = £5.00

Dinner

1. Children to help with shopping (basic cooking: learn to cook, learn to bake).
2. Bowls of fruit available.
3. Bulk cooking/freezing.
4. Veg garden.