



FAMILY MEAL KITS



WHAT IS IT?

We will prepare and deliver weekly meal kits for young carers and their families. The kits will come with recipe cards, nutritional advice and you will have access to pre-recorded cook-along videos.

You will be welcomed into a community of other young carers looking to build on their cooking skills, you will receive support from a member of Aquarius staff and eventually you will be invited to some face to face cookery classes and a celebration event!

WHY?

Freshly prepared food and healthy ingredients are so important to physical and mental health. Having these meal kits to hand will eliminate any dinner-time stress and improve family relationships by preparing and enjoying a meal together. It will help to build on your skills and confidence – and it's a good opportunity to have some fun!

WHAT DO I NEED TO DO?

We ask that you complete a simple questionnaire outlining any allergies, dietary requirements and food preferences. We want these meal kits to fit into your lifestyle – so you let us know what you need and how often!



FOR MORE INFO CONTACT EMMA (EMMA.MURPHY@AQUARIUS.ORG.UK) OR TAYLOR (TAYLOR.BARRETT@AQUARIUS.ORG.UK)