



SIMPLY SCRAN Cookbook



INFORMATION SHEET

For this year's Challenge Poverty Week, we are planning to launch our Simply Scan Cookbook - full of recipes for meals that will cost less than £5 to make. To achieve this, we are asking colleagues and the families we support (as well as identified corporate sponsors and influencers) to donate to the cookbook their favourite £5 or under recipe. This can be for breakfast, lunch, dinner or even a tasty snack!

Every one working with includem will receive a copy of the cookbook which you can use as an A Better Life tool or to help you build relationships. We are also planning to sell the cookbook externally to raise money for our Young Person's Fund.

WHY WE WANT TO DO THIS



Food insecurity has been a long-term challenge in Scotland and the UK more widely, compounded by the covid-19 crisis. A report from the Food Foundation (March 2021) showed that 12% of households with children in the UK had experienced food insecurity in the previous 6 months. Recent reporting in Scotland on [a third of pupils arriving at school without having eaten](#) suggests this may be worsening as families grapple with the rising cost of living. It is clear from includem research and policy work that the children, young people and families we support are facing food insecurity - highlighted in consultations, the Voices report and as a key area in the #NeedsNow local election manifesto.

While Scottish Government consultations (Ending the Need for Food Banks and the Right to Food) suggest an ambition to address these challenges, [the recent delay to extending free school meals to P6 and 7](#) during the height of the cost of living crisis is concerning. It is important that we support children, young people and families during this hardship and continue to amplify their #NeedsNow to maintain momentum for change.

We know from the learning and experience of the Fife Cooking and Baking group, that children and young people really engaged with the activities with colleagues using the sessions as part of relationship building, skill building and also as an activity for the whole family to take part in. The Simply Scan cookbook could be used as A Better Life activity - parents/carers/grandparents could use the cookbook to teach the child or young person their favourite recipe, it could be a tool to teach good stepping and planning and confidence skills. Additionally, we could sell the cookbook externally to encourage donations for our Young Person's Fund and seek corporate sponsorship to build relationships and influence.

Through the Simply Scan campaign, we can influence decision makers to respond to food #NeedsNow and work with key experts and stakeholder in food insecurity to call for action.



#NEEDSNOW

HOW TO TAKE PART



1. Collect or print off the Recipe card.

You can either fill this in yourself or fill it in with a family you support.

2. Fill in all the requested information

All the basics are covered on the form - ingredients, prep time, cooking time, total cost, serving size and of course - the step by step instructions. If you run out of room, use the back of the sheet. *(Please note - we can't accept direct copies of recipes from other cookbooks unless you have amended the recipe!)*

3. Don't forget to answer the Cost of Living question at the bottom.

This will help our research going forward.



4. Submit the recipe.

You can do this in a few ways.

a) Take a photo of the recipe sheet - make sure all the information is visible and upload to the dedicated WhatsApp Chat, Teams Chat or by email to publicaffairs@includem.co.uk.

b) Scan the form and send to publicaffairs@includem.co.uk

5. Need any help? Just ask Meg or Snow!



Scan the QR code to watch the video!

