



Cooking At Home Challenge



Find out more

Thanks for agreeing to
take part in the
Cooking At Home Challenge

- The recipes are easy to follow mainly using household measures. We can provide any equipment required.
- The challenge is to make one main meal once a week for 6 weeks.
- You can make this for your family to enjoy together. You may want to ask other family members to help you.
- Each week you will be given a recipe and please let us know if you need help and support to get the ingredients or equipment required to cook the family meal.
- Your details will be kept confidential within the Why Weight Team .
- The Why Weight staff are happy to help at any point.

What Next?

1. To help us know if this is successful, we ask if you could complete the evaluation form at the start and end of each cooking challenge.
2. Please attempt all recipes if you can. If you have allergies to any of the ingredients or are vegetarian or vegan, please let us know and we can provide alternative recipes.
3. At the end of the challenge we will ask you to complete another evaluation and you will have the opportunity to tell us more about your experience, if you want to.
4. Please share your photos with us , email your pictures to us :

fv.whyweight@nhs.scot

**We hope you and your family
enjoy the experience.**

Thanks for taking part!.

For more information on Cooking At Home Challenges visit
www.nhsforthvalley.com/nutrition
Choose 'Why Weight'
Then 'Home Cooking Challenges'

