

easy feast

healthy home-cooking made *easy*!

Do you want to save money on your food bill??.....

Then, Easy Feast is for YOU!

Community Foodies in conjunction with Community Food SA have developed a range of low cost and healthy meal packs for our customers – we call these Easy Feast!

'Foodies' are local people trained in basic nutrition by health professionals. They then become volunteers who invest their new knowledge and experience in a number of nutrition related activities, to promote and encourage people within their community to improve health and well being through better nutrition.

The Easy Feast Meal Packs include ALL the ingredients you need (except for oil/margarine), including meat and fresh vegetables, plus full instructions on how to prepare the meal.



Easy Feast Meal Packs Available Include:

Spaghetti Bolognese * Tuna Fish Cakes * Cottage Pie * Vegetable Risotto
Ratatouille * Couscous salad * Tuna Mornay * Minestrone Soup * Veggie Pizzas
Corn & Tomato salad

Most serve 4-6 people - all meals are able to be frozen



communityfoodSA

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Easy Feast produced by Community Foodies in partnership with Community Food SA