**Do you love to cook or bake?**

We have a copy of ‘The Canny Cook Freezer and Store Cupboard Meals on a Budget’ signed by TV chef Phil Vickery to give away to a lucky winner.

We are holding a competition for Shropshire carers to find the best budget ‘go to’ recipe. Send in your original recipe. This may be your own, it may be something you have been cooking or baking for a while, it could be something you were taught as a child or at school, for example. If it’s a recipe from a book or website, for copyright reasons, you will need to give us the details of where the recipe is from.

Tell us why it’s your favourite. It may be because it’s easy and quick. Or it may be super delicious! It may be because it holds nice memories. Or it may be for another reason……tell us why you love it. Please do include a photo of your finished dish, if you would like to. The closing date is 28th May 2023.

The competition will be judged by Phil Vickery himself and the winner will be announced during Carers Week 2023 (5 – 19 June).

We will share the recipes via email to all carers on the carer register, so we all benefit from the great food being cooked across Shropshire.

Get cooking 😊

