# The Nourish Now Project

**Making change possible every day**

## Volunteer to provide a meal once a week for someone who needs it. It's as simple as that.

## How it works

### 1.

### Get in touch via WhatsApp

We'll ask you for some basic information, like your name and address.

### 2.

### Cook an extra portion

Whatever you'd normally make for dinner – just one more portion.

### 3.

### Deliver your meal to someone nearby

We'll aim to match you with someone who's no more than a 15-minute walk away.

**"This is an extremely easy way to help others. The need for this service is very great, and I will definitely recommend this project to more people." Marianne, Cook, London.**

## Get involved

**We're looking for people all over the UK to volunteer to cook one meal a week. If you'd like to hear more or if you're ready to get cooking, contact us now!**

**07719 570 857**

**@nourishnowproject**

**@nourishnowuk**

**www.actnowinitiative.org/nourish-now**

*This leaflet is made from recycled materials and is 100% recyclable.*

# The Nourish Now Project

**Are you struggling financially?**
**Are you in crisis/ experiencing hardship?**
**Do you have limited cooking facilities?**

## Don't go hungry!

**1**

**Get in touch via Whatsapp, SMS or call. We will ask for some basic information like name, address and dietary restrictions.**

**2**

**Receive your first meal delivered to your door in 1-2 weeks.**

- Doorstep delivery meals
- Reheat when you want it
- No referral needed
- Free meals for those in need
- Made by your local community
- Dietary requirements catered for

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