

# Take & Make Recipe Boxes

Healthy holiday provision,  
delivered directly



## Learning life skills

Take & Make boxes are designed to get children learning to cook in their homes, with their siblings and carers. Every box contains step by step instructions plus online video tutorials.



## One box = 4 portions

Each recipe box contains a delicious, nutritious meal kit with every ingredient you need to cook a healthy meal from scratch.

Branded boxes are designed with a 3 day+ shelf life and high quality contents so they are welcomed by families.

## Excellent value for money & cost effective

There are several vegetarian recipe boxes to choose from.

All are designed to create a meal for 4 and take into consideration allergies\* and religious preferences.

Example recipes include: Chilli Non Carne, Chickpea and Sweet Potato Curry and Spicy Bean Burgers.



## 25,000 boxes distributed so far

Initially funded by the Department of Education, Kitchen Social has provided 100,000 meals through the innovative Take & Make boxes with phenomenal feedback from families.



## A simple – off the shelf – healthy solution

Take & Make boxes are a high quality, healthy and educational solution to holiday provision. They encourage a positive relationship with food that promotes good health, wellbeing and enjoyment of cooking. They are ready to order and easily delivered.

[Check out our video here.](#)



# Take & Make

# Take & Make Recipe Boxes

Ingredients and costs



Take &  
Make

1

## Chilli Non Carne

### Ingredients:

Onion, Red Pepper, Green Pepper, Garlic, Regular Fresh Red Chili, Dried Oregano, Chili Powder, Ground Cumin, Vegetable Oil, Easy Cook Long Grain Rice, Chopped Tomatoes, Kidney Beans

### Shelf life:

5 days

2

## Chickpea & Sweet Potato Curry

### Ingredients:

Chickpeas, Large Sweet Potato, Chopped Tomatoes, Coconut Milk, Onion, Garlic, Ginger Power, Dried Coriander, Oil, Whole Cumin, Chili Flakes (dried), Rice (Easy Cook Long Grain)

### Shelf life:

14 days

3

## Spicy Beanburgers with Avocado Salsa

### Ingredients:

Kidney Beans, Onion, Carrot, Fresh tomato, Burger Buns, Cumin, Flour, Oil, Sachet Ketchup, Sachet Mayonnaise, Avocado, Lime

### Shelf life:

3 days

4

## Sweetcorn Fritters with Sweet Potato Wedges

### Ingredients:

Mango, Spring Onions, Fresh Chili, Lime, Fresh Mint, Onion, Courgette, Sweetcorn, Gram Flour, Chili Powder, Oil, Sweet Potato

### Shelf life:

5 days

5

## Peppery Pasta Pangrattato

### Ingredients:

Onion, Garlic, White Bread Roll, Oil, Dried Basil, Dried Wholemeal Pasta, Dried Oregano, Chili Flakes, Fresh Pepper

### Shelf life:

3 days (Can be increased to 5 days with the inclusion of breadcrumbs instead of a bread roll)

Average  
cost per box

£8.93

Average cost  
per portion

£2.23



Contact Clara Widdison at  
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Mayor's Fund for London, City Hall, The Queen's Walk, More London, London, SE1 2AA

Registered Charity Number 112483

Allergens are underlined and highlighted in red

# Take & Make Recipe Boxes

Dessert options – available  
to add on



1

## Cocoa & Pear Cake

### Ingredients:

Apple Sauce, Oil, UHT Milk,  
Tinned Pears, Sugar, Self-  
raising Flour, Bicarbonate of  
Soda, Cinnamon, Cocoa  
Powder

### Shelf life:

30 days

2

## Fresh or Dried Fruit

### Ingredients:

Oranges or Dried Raisins

### Shelf life:

5 days

3

## Rice Pudding

### Ingredients:

UHT Milk, Sugar, Pudding  
Rice, Cinnamon

### Shelf life:

30 days

## Costs

Prices are inclusive of programme fees and delivery  
to hubs in Greater London. There is no minimum  
order,

|                     |       |                     |
|---------------------|-------|---------------------|
| Box 1               | £9.70 | (£2.43 per portion) |
| Box 2               | £9.90 | (2.48 per portion)  |
| Box 3               | £8.50 | (2.13 per portion)  |
| Box 4               | £9.90 | (£2.48 per portion) |
| Box 5               | £9.80 | (£2.45 per portion) |
| Box 6 (Dessert One) | £8.30 | (£2.07 per portion) |

|               |       |
|---------------|-------|
| Add Dessert 2 | £0.56 |
| Add Dessert 3 | £2.00 |

Our desserts  
are a great  
source of  
protein &  
calcium



Contact Clara Widdison at  
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