Make you favourite comfort food for others to try

Why?

Children who receive Buddy Bags can often feel scared and alone. Comfort food can help us to feel better at times like this and reminds us of nice memories.

Age 14 - 18

Age 7 - 11

Activity details

This activity counts towards...

- Buddy Bag Foundation

ff	Indoors
Day/Night	

☐ 11 - 14	☑ 14 - 18
☐ 5 - 7	☑ 7 - 11
☐ 3 - 5	

☑ Autumn	☑ Spring
☑ Summer	☑ Winter

Skills:

- Creativity
- Decision making
- Empathy
- Independence
- Mental Health Awareness
- Relaxation
- Time management

Equipment:

- Cooking Equipment
- Ingredients