# 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