

Bite Back 2030 Cook With Jack e-Cookbook **Social Media Toolkit**

[Bite Back 2030](#) is a youth-led charity that wants healthy, affordable food to be an option for every young person, because it matters to their health. We are working to make sure every child, no matter where they live, has equal access to good food: at home, on the high street and at school.

Cook With Jack was created from the desire to help families cook delicious, nutritious meals on a tight budget during lockdown. The daily cookalong series, available on the [Bite Back 2030 YouTube channel](#), saw our brilliant chef Jack Deane volunteer his time to cook lunch from a weekly £15 shopping list, price-checked by Bite Back 2030. The meals fall within the weekly free school meals budget at a national mid-range supermarket with most of the recipes meeting the School Food Standards.

30 of the Cook With Jack recipes and weekly shopping lists have now been assembled into a free downloadable cookbook, available exclusively on the [Bite Back 2030 website](#).

We would love your support in helping us share this cookbook with your networks. Here's how...

From Wednesday, 22nd July

Please use any of the suggested posts and social media graphic:

📄 @BiteBack2030 are launching the #CookWithJack cookbook today! 👤👤 You can see all recipes and video tutorials. The cookbook is full of delicious lunch recipes that fall into the #FreeSchoolMeals £15 weekly budget. Download your free ebook here: bit.ly/CWJcookbook

#CookWithJack is now available as a cookbook from @BiteBack2030! 👤👤 For 30 tasty & easy lunch recipes that fall within the £15 weekly #FreeSchoolMeals budget, download your free copy here: bit.ly/CWJcookbook Happy cooking!

Download your free @BiteBack2030 #CookWithJack cookbook, full of tasty, easy & affordable lunch recipes that you can cook with the family! 👤👤 Click here to get your copy: bit.ly/CWJcookbook

Got any lunch plans? Download your free @BiteBack2030 #CookWithJack cookbook, full of tasty, easy & affordable lunch recipes that you can cook with the family! 👤👤 Click here to get your copy: bit.ly/CWJcookbook

Graphics (please choose one to accompany your post):

**FREE
COOKBOOK**

DOWNLOAD
YOUR FREE
COPY NOW FROM
BITEBACK2030.COM



**30 RECIPES
+ VIDEO TUTORIALS**

Graphics (cont...)

**DOWNLOAD YOUR FREE COPY
NOW FROM BITEBACK2030.COM**



**"I learned how to safely
use a sharp knife to
chop vegetables"
Sam, aged 7**

**"It inspired me to
cook more"
Joe, aged 11**

**"I learnt new skills like
making bread from
scratch"
Rosie, aged 15**

'Cook With Jack' Cookbook download link: <https://bit.ly/CWJcookbook>

The complete 'Cook With Jack' series of weekly shopping lists and recipes can be accessed via our website: <https://bit.ly/CWJseries>

Bite Back 2030 digital channels:

Facebook, Twitter & Instagram: @BiteBack2030

YouTube (home of Cook With Jack cookalong video series):
www.youtube.com/c/biteback2030

LinkedIn: <https://www.linkedin.com/company/23746168>