

# Home cooking with your ingredients of choice...



Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe cooking from scratch helps you have greater choice over your food



## Be the boss of what's on your plate...

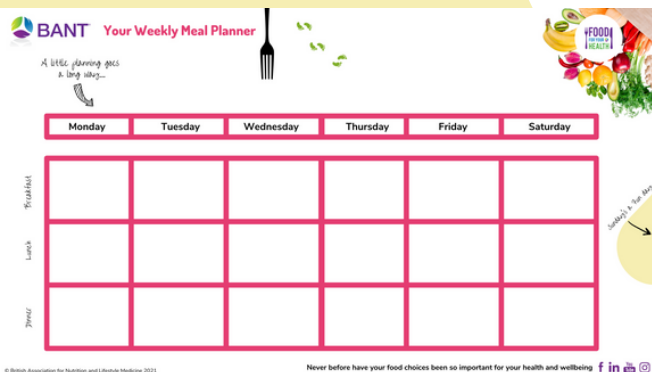
Cooking from scratch is a great way to ensure you know exactly what you are eating. Processed foods often contain many hidden ingredients and can be high in fat, sugar and salt.



How cooking from scratch can be a step towards healthier meals



Download our meal planner to help you plan



Learning how to cook your own meals is one of the most effective ways to take charge of your diet and your budget. You get to choose your own ingredients and avoid the many artificial ingredients typically found in processed foods and ready meals (such as sweeteners, starches and emulsifiers). You have greater choice over the provenance, variety and quality of ingredients for your budget. Best of all, you have the joy and satisfaction of preparing home-cooked meals to support your health and well-being in the way best-suited to you. Cooking from scratch puts you firmly in charge of what's on your plate.

you get to choose your food



Understanding food labels can be challenging. When you cook from scratch, you get to choose.