

# Care to cook?



Next time you make your favourite soup, casserole or veggie slice how about you make a double amount? Keep it in your freezer, or ours, for when a Kedem member needs some help with meals.

Let me know if you can help support people within our community who might need a bit of extra care - food delivery, or maybe a hospital/home visit.

Please also keep me in touch with anyone you know who isn't well, so we can help.

Kedem cares.

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