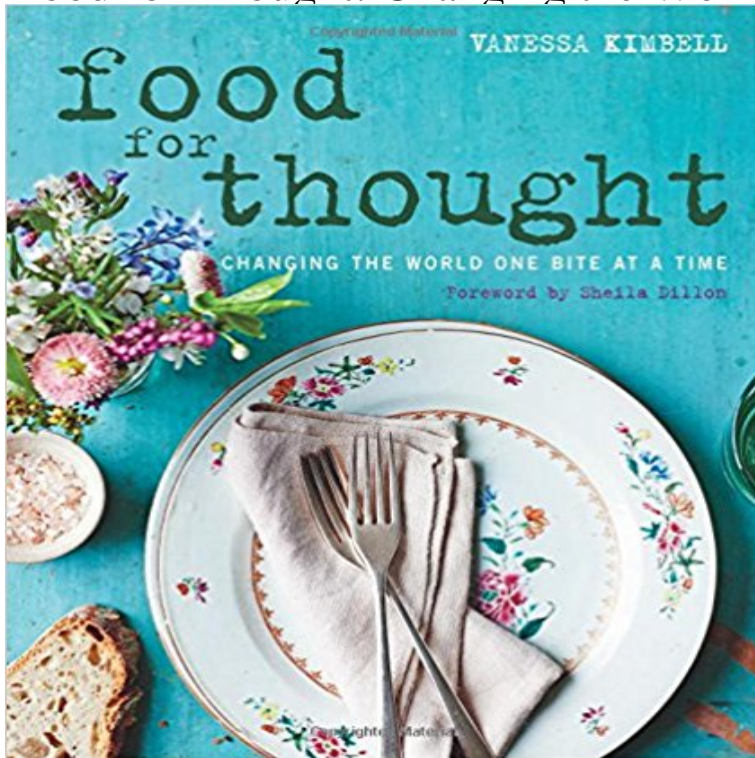


## Food for Thought: Changing the World One Bite at a Time



Inspired by ethically sourced, sustainable ingredients available from your local suppliers, Vanessa shows how what you cook can make a real difference to those who produce it and to the environment. Recipes are simple, unfussy and easy to cook at home - making everyday classics ethical and sustainable - with chapters focusing on Basics, Getting Ahead in the Kitchen, Simple Suppers, Feeding Children, Leisurely Weekend Food and Special Occasions. Let Vanessa inspire you to adapt the way you cook and change the world one delicious bite at a time.

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