YOU CAN COOK

Enjoy Eat Learn

Energised Lunches™

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As well as helping you choose diets that will give you an energy boost, we can also help you to avoid foods and drinks that will sap your get up and go.

GOOD FOR BUSINESS

Have you ever sat at your desk after your lunch break and thought you could do with a snooze? Ever wondered why members of your team seem sluggish after lunch?

It could be down to diet! With our informative and fun courses, we can instil team-building skills, raise awareness of healthy, energy giving foods and create a buzz in the workplace where there used to just be a Zzz.

We are passionate about food and cooking and enjoy engaging with clients to pass on our expertise. We address wider issues such as developing healthy workforces, building community relationships with and through food and transforming attitudes to food from young to old.

We've already helped countless companies, organisations and communities, and because our courses and demonstrations are tailored to YOUR needs, we know that together we have the recipe for success.

We're not talking about deliveries from the local pizza shop (although they're great, and we still get one once in a while) - but delivering great workshops that educate and empower you to eat healthily.

Energised Lunches aims to encourage people to bring a home prepared lunch to work.

Health benefits and nutritional values of our workshops have been assessed by the University of Abertay, Dundee.

Food Innovation@Abertay

Food as Medicine™

The aim of this type of workshop is to provide inspiration and practical information that will help to adopt healthy eating habits and to use food in a medicinal way.

The advantage of using food, as medicine is that it is readily available to all of us and can be self-administered with relative safety.

The food we eat influences all of the following:
our cardiovascular, immune and digestive systems;
the muscular and joint mobility; the skin, hair and nails;
the regularity of our bowels;
the brain function, the energy production, the blood glucose stability, the toxicity and overall, our health and well-being.

Healthy eating and being able to prepare simple, affordable meals can make a huge difference to people's lives, but it can all seem a bit daunting, or even rather dull.

It's called healthy eating because it really is good for you.

Did you know that certain foods can cure minor ailments?

You never know, the next time you're feeling a little run down you might head for the larder instead of the doctor!

You Can Cook is all about making nourishing food fun - and showing people that you don't need to be a celebrity chef to create delicious, nutritious meals.

Remember, we are all unique individuals and everyone has a different response.

You don't need medicine when your diet is right and it is not medicine you need if your diet is wrong.
(Old Indian proverb)

Fuel for Focus

What's in your lunch box determines how you show up in the afternoon. Choose balanced meals that sharpen concentration and sustain performance.

Energy That Lasts

A well-packed lunch box powers productivity, resilience, and wellbeing throughout the workday. Nourishment today creates results tomorrow.

Invest in Your Health

Your lunch box is more than a meal -
It's an investment in long-term health, energy, and success at work.

Smarter lunches.

Sharper minds.

What's in your lunchbox?™

It's more than just a meal - it's a reflection of how you fuel your day.

Every bite you pack can be a choice that powers your energy, sharpens your focus, and supports your wellbeing.

Whether it's fresh, colourful veggies, protein-packed options, or wholesome grains, your lunch box tells the story of how you care for yourself.

By making mindful choices, you transform your midday break into a source of strength, balance, and vitality.

A thoughtful lunch isn't just about satisfying hunger - it's about providing the right balance of nutrients to sustain energy, sharpen concentration, and prevent the afternoon slump.

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We are a Social Enterprise Company based in Edinburgh, Scotland but operate all across the UK.

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YOU CAN COOK
is a celebration of food, people and cultures!