

Get **FREE** meal plans

FREE
FOR EVERYONE
LIVING & WORKING IN
NEWARK & SHERWOOD

USUALLY £86 PER YEAR - NOW FREE -
YOU'LL NEVER BE CHARGED!

**Fed up of deciding what to
cook every night?**

**Want to save money on
food shopping?**

Want to eat healthier?

Then this is for you!

Every week you'll get:

- personalised meal plan
- complete shopping list
- designed just for you!



*Five*Dinners

Join 40,000+ people enjoying FiveDinners - Usually £86 per year - 100% FREE for you!



Scan the QR code
or visit the link to get instant access:
[FiveDinners.com/MyCommunity](https://www.fivedinners.com/MyCommunity)



**NEWARK &
SHERWOOD**
DISTRICT COUNCIL

How does it work?

FREE FOR
EVERYONE
LIVING & WORKING
IN NEWARK &
SHERWOOD

**Fed up with deciding what to cook every night?
Want to save money on food or eat more healthily?**

Then this is for you!

How to sign up:



- Visit fivedinners.com/mycommunity (or scan the QR code)
- Click on **your Council**
- Enter your postcode and choose your food preferences
- That's it! Receive a new meal plan every week, just for you.

What you'll get:

- **Weekly personalised meal plans**
- **A complete shopping list** for each week
- **Easy, delicious recipes** to take the stress out of mealtimes
- Access to a **FREE chef hotline** — message for help whenever you need it!

Meal plans can be tailored to suit your needs, including:

Veggie • Low-calorie • Menopause meals • Kids • Quick & easy • + lots more!

FiveDinners.com/MyCommunity

FREE access to personalised meal planning is now available to all residents of Newark & Sherwood Council.

There's no catch, no trial period — just **completely FREE membership**, usually costing £86 per year - join over 40,000 other members!