

## Good news to start the day:

Few 18-year-olds can claim to be a small business owner, recipe developer and published author, but Kitty Tait is just that. After dropping out of school at aged 14 with severe mental health struggles, she took up breadmaking to help aid her recovery.

What began as baking a loaf a day soon became a door to door service, then a series of pop-ups, culminating in a crowd funded bakery which she runs with her father.

Their shop in Watlington, Oxfordshire, regularly sees queues snaking out the door. As if that wasn't enough, Tait's new project will add "community hero" to her resume.

She has now produced a line of breadmixes- Kitty's Kits, each one sold helps pay for a free

Kit, which then gets given for free, to a school, prison, food hub, community group and more, she calls this initiative 'bread-ucation'.

She has designed them with Wrights, an 8th generation father and son mill, "their flour is magic" she says, "we've already donated 1,000 kits to schools, food hubs and prisons and i hope to donate 10,000 by the end of the year".

