

<b>Project</b>		<b>Nacro Osmaston Family Project</b>	
<b>Lead delivery partner</b>		<b>Nacro</b>	
<b>Theme</b>	<b>Improving life skills</b>	<b>Priority</b>	<b>2</b>
<b>Activity</b>	<b>Healthy Cooking Course</b>	<b>Budget code</b>	
<b>Project outcomes (from SLA)</b>			
<p>.</p> <p><b>OUTCOMES</b></p> <p>This project will work towards Priority 2 – Improving Life Skills, and also contributes to Priority 3 - Creating Opportunities for training and employment.</p> <p>This service will meet the Allenton Big Local outcomes by:</p> <ul style="list-style-type: none"> <li>Increasing knowledge about food and health and provide a better understanding of healthy eating.</li> <li>Increasing confidence around healthy eating e.g trying new foods, and following or adapting recipes.</li> <li>Improving cooking skills and budgeting – such as cooking techniques, portion size, planning ahead and using leftovers.</li> <li>Changing behaviour to improve nutrition e.g. eating fewer takeaways or ready meals, changing cooking habits to reduce salt, fat or sugar, and eating more fruit and vegetables.</li> <li>Improving family relationships and social skills, increasing confidence, and supporting the local community e.g. the local market</li> </ul> <ul style="list-style-type: none"> <li>Children have the best start in life by being supported and enabled to develop their individual personality, talents and aspire to a successful life.</li> <li>Families are better equipped with skills to support their children through being empowered and supported.</li> </ul>			
<b>Reporting period dates</b>	<b>January – March 2018</b>	<b>Nr and age of people benefiting from the project during the reporting period</b>	<b>7 parents 14 Children</b>
<b>Introduction</b>			
<ul style="list-style-type: none"> <li>The service will provide an 'Eat Better, Start Better' practical course offering basic cooking skills, healthy eating and budgeting information to parents.</li> </ul>			

- The course will deliver both theory and practical sessions. This will support parents' literacy skills as they will design and produce their own recipe book.
- Courses will run family activity sessions where children and families will come together to learn how to make healthy fruit kebabs and fruit pots.
- The service will work in partnership with the local children's centre to deliver these sessions, and future sessions could be delivered from the community hub using its kitchen facilities and cafe area.

The service will support the local community by encouraging parents to shop at the local market and traders

### Activities undertaken during reporting period

Each week we prepare and cook a different dish, parents also learnt together about different food groups, the eat well plate and the percentage of food to eat from each group, food labelling including sugar and fat content, how to store food safely e.g. when to freeze food, costing's of each dish and keeping food diary. During the sessions some of the dishes we cooked were curry, Shepherds pie, fish pie, Chilli and Rice, Chicken and leek pie with homemade shortcrust pastry, stew and dumplings.

Chopping chillies was a really challenge with one parent rubbing her eye and having to have some basic first aid ! It has put her off using fresh chillies from now on!

During the half term activity session we delivered the course in a large room at Osmaston/Allenton Children's centre. We made fruit pots with a yoghurt topping. We decided not to cook hot food at this session as we only had the use of one small table top cooker which was not sufficient for a group of parents

### Outcomes the project has contributed to

The course increased parents knowledge about food and health benefits of cooking simple meals that cost very little. It increased parental confidence around healthy eating, parents tried new foods and were able to follow and adapt recipes to their individual families' tastes. This course we used a parents own tried and tested Curry recipe, which was really good.

At the end of the course each parent receives a booklet that has been put together with some of the recipes from the course and some handy tips on cooking and staying healthy.

After talking about Healthy eating alongside keeping fit, two of the mums who met on the course decide to join the local gym together. Previously they each had no one to go to the gym with.

### Comments from parents

I suffer with anxiety so being in the group my confidence.

I have learnt new skills

Learning how to cook from scratch and make own sauces rather from jars was really good.

More weeks would be really good.

I would like to come and volunteer to help others who are less confident

The opportunity to spend time with others whilst cooking something healthy for my children was great.

Nice to have a couple of hours without the kids as well as learning new skills.

Learning how to cook different recipes and socializing was really good.

Great that kids could get involved

### Comments from Children

I thought it was really good fun and the fruit was nice too.

The best thing was making the pots with my mum it was fun

Chopping the fruit was good I really loved the kiwi fruit

I had lots of fun chopping the fruit and then eating it. It looked really pretty in layers.

I would like to chop up vegetables next time.

### **Timescales**

Project on track and outcomes met

### **Plans for next reporting period**

To continue to offer a cooking course and the family activity session in the half term holidays. Nacro will continue to provide tooth brushes and tooth paste for the children and staff will continue to offer advice and guidance.