

Project		Nacro Osmaston Family Project	
Lead delivery partner		Nacro	
Theme	Improving life skills	Priority	2
Activity	Healthy Cooking Course	Budget code	
<p>Project outcomes (from SLA)</p> <p>OUTCOMES</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"> Increasing knowledge about food and health and provide a better understanding of healthy eating. Increasing confidence around healthy eating e.g trying new foods, and following or adapting recipes. Improving cooking skills and budgeting – such as cooking techniques, portion size, planning ahead and using leftovers. 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. Improving family relationships and social skills, increasing confidence, and supporting the local community e.g. the local market <ul style="list-style-type: none"> Children have the best start in life by being supported and enabled to develop their individual personality, talents and aspire to a successful life. Families are better equipped with skills to support their children through being empowered and supported. 			
Reporting period dates	April – June 2016	Nr and age of people benefiting from the project during the reporting period	Families 6 8 children 0-10 3 children 10 + Half –term family session 10 adults 13 children- 0-10 3 10+

Introduction

- The service will provide an 'Eat Better, Start Better' practical course offering basic cooking skills, healthy eating and budgeting information to parents.
- The course will run for 10 weeks for 2 hours for up to 10 parents.
- 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 lunch boxes, fruit kebabs, smoothies and picnics.
- 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 the class prepared and cooked a different dish and learned together about different food groups, the eat well plate and the percentages of each food type that should be eaten from each group. They also learned about food labelling including sugar and fat content, how to store food safely e.g. when to freeze food, costings of each dish and keeping a food diary. During the sessions some of the dishes cooked were tuna and pasta bake, lasagne, curry cottage pie, fish pie, and steak pie with homemade puff crust pastry.

A parent from the previous course has been helping to deliver this course and has done a brilliant job. She had to deliver one of the sessions on her own and the parents said she was fab. Well done to her.

Fewer parents were able to attend this course on Wednesday mornings due to a number of them having to collect children from school early due to schools closing for strike action. Those who missed sessions will return to complete on another course.

Outcomes the project has contributed to

The course increased parents' knowledge about food and the health benefits of cooking simple meals that cost very little. It increased parental confidence about healthy eating, parents tried new foods and were able to follow and adapt recipes to suit the tastes of their individual families.

Comments from parents

The fish pie was amazing. Even my mum said it was good!

I've been trying to cook things at home a bit more now instead of getting takeaways.

I have learnt so many new skills. I have really enjoyed the course.

I have always wanted to make pastry and never dare try it but with support I made and then

did it again at home myself. Thank you for your help.

The kids have loved the homemade food.

Timescales

Project on track and outcomes met

Plans for next reporting period

To continue to offer a cooking course combined with a regular session delivered by a dental hygienist to talk to parents about how to reduce sugar in children's diets and offer support around brushing teeth. To continue to provide some tooth brushes and toothpaste for the children.