

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 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	July - September 2016	Nr and age of people benefiting from the project during the reporting period	Families 6 7 children 0-10 2 children 10 + Half –term family session 10 adults 15 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 prepare and cooked a different dish were 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 lasagne, Curry, Shepherd's pie, Fish pie, Stew and Steak pie with homemade puff crust pastry.

A parent who previously attended the course continues to support the delivery of the course.

Parents were also given a pie dish and casserole dish on the last session so that they could continue to cook the dishes at home after the course finished.

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.

Comments from parents

The recipes were easy to follow and I was able to do them again at home

Have really enjoyed it made lots of good things and had fun.

I have learnt so make pastry which I have always wanted to do, I thought it was harder to do than it was.

My family looked forward to me coming home after the course and seeing what I had made them, they were really disappointed when the course ended.

Thank you so much I have really learnt a lot it was a fun course to do

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 encourage more parents to become involved in the delivery of the course.