

<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 2017</b>	<b>Nr and age of people benefiting from the project during the reporting period</b>	<b>8 parents</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 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

Many families in Allenton face real food poverty - which means a daily struggle to eat and to get enough nutrition because of lack of money. There has also been a significant increase in the numbers of families using the food bank at Osmaston/Allenton Children's Centre as well as learning how to cook and then taking food home families have also been learning use tips and budget saving ideas for example :

- **Where are the best places to shop?** Budget cooking is about buying what's reduced or on offer, if you go to the supermarket with your shopping list an hour before closing time, you'll be able to snap up the best bargains. Food that's reached its use by date is heftily discounted at the end of the day, so it's a great time to snap up meat and fish in particular which can freeze until needed.
- **Cook in bulk** Batch cooking is not just a money saver - it's a time saver, too. Make three litres of a tomato base sauce at a time, with loads of veg grated in, It's the equivalent of six jars of pasta sauce and costs about £1 to make. Then freeze it in portions and it becomes lasagne sauce, pasta sauce, chilli, pizza topping, and even a delicious tomato soup if you water it down.
- **Using leftovers** Using up leftovers will help your weekly shop stretch further, and it doesn't have to mean eating the same meal two days running. Leftover chicken, veg and gravy can become mini chicken pies and eaten later in the week.

Each week prepare and cooked a different dish were learnt together about different food groups, the at 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 ,cottage pie, beef stew and dumplings Chicken pie with homemade puff crust pastry.

On this course we had to young men one 18 and one 17 who both wanted to learn to cook and one wanting to become a chef.

### 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

Learning how to cook in bulk was great. I realise now how much I can save..

I have learnt so much on this course and really enjoyed.

I found new ways to hide the vegetables so my children start to eat a more healthy diet.

The Curry was great. I have cooked one before, usually have a take away.

It has helped to build my confidence and the staff are great, very supportive.

I never knew how to cook before this course.

Having to prepare meals from scratch and having the confidence to do it was great.  
Thank you.

### 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 tooth paste for the children.