

<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> 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>April - June 2017</b>	<b>Nr and age of people benefiting from the project during the reporting period</b>	<b>6 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 continue to face real food poverty - which means a daily struggle to eat and to get enough nutrition because of lack of money. Some families are having to cook for lots of children, some with 6 or 7 children trying to cook a healthy meal for a big family can sometimes be a challenge. 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 I you water it down.
- **Using leftovers** Using up leftovers will help your weekly shop stretch further, and it doesn't haven't 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.

The parents who attended this course have also been sharing their tips with each other about how to make food tasty for children who are fussy eaters. Parents also learnt about how adding just a few spices or garlic can really enhance the flavor of food.

Parents on this course also learnt about when you can and can't freeze food , this is sometimes very confusing for parents to understand and they end up throwing good food away when it could have been frozen

Each week we prepare and cook a different dish, parents also 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, Bhuna curry, cottage pie, fish pie Chicken/ Beef pie with homemade puff crust pastry.

**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.

We now have a booklet that Jane has helped put together with some of the recipes from the course and some handy tips on cooking and staying healthy

Comments from parents

I have enjoyed coming to the group and meeting other mums we learnt from each other.

I never use to use garlic because I did not like the smell but having tried it in the food we cook will use it all the time now.

The staff that delivered the course were really supportive they were great Thanks

This course needs to be longer so we can learn to cook more dishes

We all got on really well as we were cooking it was a fun course what am I going to do now on Wednesday.

Tried and cooked things I would never have done before on my own

**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. Due to local health cuts the dental hygienist is unable to offer advice and support around brushing teeth. Nacro will continue to provide tooth brushes and tooth paste for the children and staff will continue to offer advice and guidance. We intend to link this with our 'Dump the Dummy and get rid of the Bottle' week next term. This is a awareness week to highlight the how using a dummy and bottle can increase very young children's tooth decay.