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| Project | | Nacro Osmaston Family Project | |
| Lead delivery partner | | Nacro | |
| Theme | Improving life skills | Priority | 2 |
| Activity | Healthy Cooking Course | Budget code | |
| Project outcomes (from SLA) | | | |
| <p>.</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 | September - December 2017 | Nr and age of people benefiting from the project during the reporting period | 7 parents |
| Introduction | | | |
| <ul style="list-style-type: none"> 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 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 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, cottage pie, fish pie Chicken/ Beef pie with homemade puff crust pastry, stew and dumplings.

During the half term activity session we delivered the course in a large room at Osmaston/Allenton Children's centre. We split the room in half, in one half the parents cooked spaghetti bolognese and in the other half the children made fruit yoghurt pots they all came together and enjoyed the food that they had prepared. This session worked really well.

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.

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.

Comments from parents

I learned to do my own sauce

Wish it was more weeks

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

It taught me how to cook from scratch rather than using jars

I have really enjoyed cooking thank you for your support

The course has helped me to save money and also to cook healthy food that the kids will eat.

Leant some great tips about how to hide food the do not want to eat I now grate my carrot into cottage pie Thanks

Comments from Children

I thought the fruit pots were really yummy.

I had lots of fun chopping the fruit and then eating it.

I really liked the kiwi fruit i never tried it before.

The fruit was nice but do not like that yogurt stuff

I was really good fun I want to do it 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. We intend to link this with our 'Dump the Dummy and get rid of the Bottle' week during the next spring term. This is a awareness week to highlight the how using a dummy and bottle can increase very young children's tooth decay.