

<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>May – June 2018</b>	<b>Nr and age of people benefiting from the project during the reporting period</b>	<b>5 parents 14 Children</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 fruit kebabs and fruit pots.
- 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 Chicken and pasta bake, lasagne, spaghetti bolognese and curry. As this was the last course Nacro are delivering, on the last week the parents made a Chinese meal and sat and ate it together. They also made a cheesecake to take home and share with their family.

During the half term activity session we delivered the course in a large room at Osmaston/Allenton Children's centre. We planned to make food for a picnic so families could go from the centre to the local park. On the day of the session it was pouring with rain so only 3 families came instead of the planned 7. We still made a picnic but ate it inside the children centre the remaining food was given to the families to take home so they could make a picnic the next day when it had forecast 24 degrees ( which it was )

### Outcomes the project has contributed to

The course increased parent's 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. This course we used another parents own tried and tested Curry recipe, which was really good.

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.

As this was the last course parents were given pots, pans, dishes, sieves, chopping boards and left over herbs and spices to take home so that they could continue to cook at home.

Comments from parents

- I enjoyed learning new recipes and making new friends
- I have tried food I would have never cooked at home.
- I really enjoyed doing the cooking course and having a lovely teacher.
- Thank you for giving me the lovely opportunity to develop my cooking skills
- It helped me get out of the house and learn new skills

We need more space a bigger kitchen !

**Timescales**

Project on track and outcomes met

**Plans for next reporting period**

Nacro will not be in a position to deliver any more courses in the future.