



Fact Sheet

May 2011

Resources, toolkits and recipes for community cookery

This fact sheet provides a list of resources suitable for those planning to develop community cookery sessions within low-income communities. Resources are available free of charge from the internet unless indicated otherwise.

Case studies and information about community cookery in Scotland

Community Food and Health (Scotland) has a range of information about community cookery available. We will continue to update the Cookery and Growing publications section of our website with our own or publications produced by community food initiatives. The following publications are available on our website.

www.communityfoodandhealth.org.uk

Healthy eating and beyond – the impact of cookery sessions

This fact sheet provides a snapshot of the impact of community cookery skills in Scotland and highlights some of the issues that initiatives need to consider when planning or developing cookery sessions. (2011)

TV Dinners: adapting TV formats to promote healthy eating and cookery skills

This factsheet provides examples of how three groups were inspired by TV formats, such as 'Come Dine with Me' to create a friendly competitive environment to teach cookery skills. (2011)

Beyond Smoothies: developing cooking and healthy eating activities for young people

is a six-page report that shows what 20 groups and agencies learnt and gained from running cookery sessions and taking part in a basic nutrition course. (2010)

A short introduction to training the trainers - healthy cookery courses

This fact sheet summarises information gathered from across Scotland on activities that 'train the trainers' to deliver healthy cookery and food preparation skills in low-income communities. (2010)

A taste for independence: using food to develop skills for life

This guide discusses the experiences of 21 organisations throughout Scotland who work with a range of vulnerable groups. All the groups used food activities such as

cooking, food shopping and budgeting to help people develop their independent living skills (2007)

The CFHS Recipe Book The poaChing, Frying, masHing and roaSting recipe book is a compilation of tried and tested recipes contributed by community food initiatives in Scotland to improve take up of a healthy diet by building skills in cooking and preparing food.

Information on how to develop cookery sessions and resources for individuals

Resources tailored for children and young people

The North Glasgow Youth Food Guidelines and Healthy Eating Toolkit was developed in 2011 and includes recipes and information about running cookery sessions. This is available on the CFHS website. www.communityfoodandhealth.org.uk

Sorted in the Kitchen is a pack for individuals living on their own and looking after themselves for the first time. The pack was developed by Aberdeen Foyer in 2009. It provides guidance on how to shop, budget, prepare and cook wholesome meals on a limited budget of around £15 per week. Sample recipes and information on how to purchase copies of the pack are available in the foyer health section of its website. www.aberdeenfoyer.com

What's Cooking? was developed by the Food Standards Agency Scotland in 2007. It provides information on setting up and running community and school food clubs in Scotland and has a range of recipes. www.food.gov.uk

Get Cooking! was developed by the Food Standards Agency Wales in 2005 and includes information on setting up cookery sessions and recipes aimed at work with young people.

www.food.gov.uk

Resources tailored for adults

Confidence to Cook is a large A4 pack produced by NHS Grampian. It is widely used in a range of settings by professionals or trained workers, including schools, community facilities, family centres, health visitors, looked after children residential units, learning disability community and mental health organisations. The pack aims to encourage members of the community to adopt a healthier diet by developing confidence in shopping, food preparation and cookery skills. It contains information on facilitating practical food skills sessions, a comprehensive recipe section focussing on budget cookery including recipes suitable for microwaving, cooking for one and vegetarian. To order a copy please email Fiona Matthew, Public Health Practitioner. Current cost per pack is £30 plus postage (May 2011).

fiona.matthew@nhs.net

The **Good Food Handbook** was developed by the Cyrenians in Edinburgh, based on their experience of delivering cookery sessions for people that have experienced homelessness. The handbook provides information on how to plan sessions, equipment lists, information on healthy eating for adults and recipes. It is available on the Good Food Website.

www.cyreniansgoodfood.org.uk

Healthy Cooking in the Community is a comprehensive manual for the

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delivery of practical cooking sessions to encourage healthier eating. This resource was developed by North Ayrshire Community Food Workers to enable the delivery of individual workshops or sessions to community groups. It is a comprehensive guide to using the Recipe Book, **Munch Crunch 2: Recipes for Change**. Munch Crunch 2 is a collection of simple recipes to encourage healthy eating and cooking. Both publications are available on the CFHS website. www.communityfoodandhealth.org.uk

how to.... run a cookery workshop and recipe sheets were produced by NHS Forth Valley to support its community food development project. These are available in the Community Development section of the NHS Forth Valley website. www.nhsforthvalley.com

The CookWell Book was produced by the Food Standards Agency based on a research project in Scotland. It provides information for cookery tutors and has a wide selection of recipes. www.food.gov.uk

Information about evaluation

Evaluation Support Scotland works with voluntary organisations and funders so they can measure the impact of their work. Their website includes information about using a range of easy to use methods,

including good practice around questionnaires. www.evaluationsupportscotland.org.uk

The CFHS **Early Years Self-evaluation Collaborative** was a three-stage pilot support programme provided (over 2 years) by CFHS and Evaluation Support Scotland to support six community food and health initiatives improve their evaluation skills. Some of the work included evaluation of cookery skills. Three reports **The Early Years Self-evaluation collaborative; Early Years Self-evaluation Collaborative Stage Two Interim report** and **Making the Case** are available on the CFHS website. www.communityfoodandhealth.org.uk

Fruitful participation: involving people in food and health work is a CFHS publication that shows how groups have used creative and active methods (including using a 'sticky or graffiti wall') to gather information, evaluate and involve people in food and health activities. www.communityfoodandhealth.org

Training

The Elementary Food and Health course provides a basic background in nutrition and takes approximately six hours to complete. It is available across Scotland and is accredited by the Royal Environmental Health Institute of Scotland (REHIS) www.rehis.com

