

Get Cooking!

Becky Hirst, Food and Health Projects Officer recently visited several Family Centres, following a study of healthy eating work in the centres, to discuss specific training needs of staff. Many of those visited expressed an interest in establishing Get Cooking Clubs with parents. Get Cooking Clubs provide an informal and relaxed environment for parents to learn new food preparation skills and gain ideas for preparing healthy meals.

Finlay Family Centre in White City, Gloucester, is already running a Cooking Club and is well attended by local parents. The club is organised by Nursery Nurse Jill Randall and



encourages the participants to share ideas and skills. For example, local resident and user of the family centre Chintana Salter, lead a session teaching other parents how to make her speciality dish, Thai Curry (see photos).

A training day for family centre staff was set up during February to offer training in running practical sessions, revision of key healthy eating messages, recipe ideas and an opportunity for staff to exchange ideas. The session was well attended and provided inspiration for other family centres to 'Get Cooking!'



For more information on Food and Health initiatives contact Becky Hirst on 01452 394593