



Classroom Kitchen

Bringing healthy eating and cooking workshops to 4 primary schools in south Bucks, 2018

Devised and delivered by Empower to Cook Community Interest Company. Kindly supported by Heart of Bucks.



A unique concept which has inspired children to try new tastes and form healthier eating habits



At the heart of this programme is the fact that we bring a fun approach to learning about healthy food along-with tasting and making foods. We teach whole classes, providing all the equipment, foods, games as well as take-homes to reach parents and carers. The children are inspired to make healthy everyday choices, keep treats as treats (we called them 'sometimes foods') and taste new or previously disliked foods. This combination and sequence of workshops is unique.

Every school told us that parent and child engagement is a big challenge so we invited the parents/grandparents/carers into school for the final workshop. This gave us the opportunity to talk directly with parents about the message of 'everyday' and 'sometimes foods'. Parents gave us their feedback on how the programme was having impact at home. The schools were delighted with these events and so were the children, parents and grandparents.

The programme has been evaluated using parent questionnaires pre and post intervention as well as child and teacher feedback. Before we began 41% of parents told us their child typically ate 1 or no vegetables each day. In every class some children were regularly not having breakfast.



'Everyday' and 'sometimes' drinks mats given to every child and used in a game in class

- 218 children participated
- 40 workshops run across 4 schools
- 102 adults came to parent and child workshops
- 162 parent feedback questionnaires completed



96% told us that their child is showing more of an interest in eating/drinking foods lower in sugar and/or an awareness of eating less junk foods since the programme



77% said their child was **more willing to try vegetables** after the lessons.

"My son has really enjoyed the programme. He now eats different vegetables that he used to refuse before. Thank you." Parent feedback

An average of **84%** of children **tried a new food** or food they had previously disliked. **70%** liked this food.



41% said their child was showing a **greater interest in eating breakfast**.

"The programme was excellent and I would definitely give it 5/5. The children really enjoyed it and it was rewarding to see so many children try new things. I was also impressed that by the end they all were having breakfast before they came to school. I must say that I loved some of the recipes too and have tried them at home." Yvonne Brickell, Year 2 Teacher, Hannah Ball School, High Wycombe

Note - percentages are based on those who responded to requests for feedback. Not every parent responded. Some data was only collected for schools 2-4.

After 3 months the majority of parents responding said that the programme is **continuing to have impact**.

A detailed impact report is also available. For more information please contact Heidi James of Empower to Cook CIC heidi@empowertocook.co.uk / 07936 285002.