

# EMPOWER TO COOK!

Changing lives through food,  
one ingredient at a time.

## What we do

- We empower people to develop life-skills around food that increase independence, self-confidence and wellbeing, and bring a sense of belonging.
- We share knowledge and skills that can be passed from group to group.
- We encourage a culture of food appreciation and understanding.

## Who we support

- We support schools, businesses, charities, care agencies and more.
- We support people of all ages, abilities and cultural backgrounds to love real food.
- We support people living with neurodiversity to learn in the way that suits them.

## Why we do it

- **We believe in the joy of real food.** We believe it can empower us to transform our physical and mental wellbeing, and improve the health of our wider environment.
- Our modern food environment places barriers to the access, understanding and eating of real food. **We believe every single person has a right to food skills and understanding.**
- We believe that gaining food skills and understanding can empower people to **enjoy cooking every day.**

## How we do it

- We deliver **friendly and inclusive food education and skills classes** at our Community Kitchen in High Wycombe, Bucks and around our local area.
- We focus on seasonal, affordable ingredients, using store cupboard staples to make **tasty and nutritious dishes** our clients can feel proud to share.
- We share **over 30 years of food skills and expertise**, empowering our clients to confidently pass on what they learn.
- We encourage our clients to understand the importance of food skills and the **benefits real food can bring** to their life and the lives of those they support.