



Empower to Cook inspires, motivates and empowers children, young people and families through cooking nutritious and affordable meals for themselves



Fit and Fed, 2017-2019

Project Overview



Fit and Fed was a two-year project run in partnership with Wycombe Wanderers and Khepera CIC to support low income families in High Wycombe. Fit and Fed provides fun activities and food to help families be more active, reduce isolation and alleviate food poverty.

Empower to Cook helped families to prepare meals to share/take home at Beechview Academy and latterly At East Side youth club, Highcrest academy in East Wycombe. Khepera supported this project in Castlefield. Our service was offered weekly during term time as well as several days across each school holiday. We also ran a volunteer development course to train new volunteers to be workshop assistants. This gives us more people we can call upon for future community work.

Sessions run with Empower to Cook: 70
No of meals: 920

No attending in East Wycombe: 407*
Average rating by attendees: 88% rated 5/5

**unique numbers so multiple attendances only counted once here*

"Great sessions – to assist families with learning about new foods, how they are cooked and using up leftovers in the fridge – no waste."

"learnt how to make simple cheap healthy meals to feed a family."

"Every week we have tried or used a new ingredient we would not normally eat at home".

Parents' comments, July 2019

Impacts focusing on the work of Empower to Cook:

- SKILLS – Families learnt new cooking skills
- SOCIAL - Increased confidence
- HEALTH - Helped families eat more healthily. Parents have told us how it was a great way to learn how to cook with more vegetables. Benefits spanned physical and mental health.
- COMMUNITY - Most of the families who attended came again and again making/strengthening friendships.
- FOOD POVERTY – Families ate the meal they helped to prepare.
- VOLUNTEERS - We built a small team of volunteers including local parents and people from The Recovery College. We provided training and enabled people – eg one of our parent volunteers lead some cooking sessions.

With thanks to all the funders and supporters of Fit and Fed in High Wycombe:





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Comments from parents on how the **cooking** sessions helped them:

- "It gets me out of the house. I really look forward to each session. My kids love coming."
- "Cooking together. Busy homelife and personal problems and this has allowed myself and children to meet and play with others and do normal things"
- "Meeting with friends. Learning a new skill. Kids enjoy interacting and cooking."
- "helped me cook things from scratch"
- "Great to meet new people, spend some time with son"
- "good to cook together, meet new people, learn new recipes"
- "me and Frankie love it as we get to cook together and with others and her friends"
- "yes, as it's great to be able to take a meal home free with no cost"

Additional comments regarding Fit and Fed as a **whole**

- "good to have somewhere to come with a mixture of activities for all"
- "It is a good way to spend time with your family"
- "Give my girls something to look forward to"
- "My children can socialise and make new friends, participate in sports and learn cooking skills + new recipe"
- "Gives them something to look forward to & they learn"
- "Great event for myself and the children as we don't get out often. We was really looking forward to this"
- "Fit and Fed has helped me and my family to talk to new people save money, kids have loved playing and meeting new people. We will miss coming!"

Comments from children:

- "It is fun and something to do when you have had a hard day"
- "I love it so much"
- "It is amazing, I love it"
- "By playing and I saw people cooking"
- "I think it helped me try new things"
- "It showed me what is healthy and not healthy"

Comments from volunteers

"I first came to Fit and Fed as a way to get my kids into something positive and spend time with friends. I really enjoyed spending time with my kids, making new friends with the parents and taking part in the cooking. After a while I built up the confidence to ask if I could help out a bit more, the team signed me up as a volunteer and I have been helping out ever since. I have been out of work for a while looking after my children and over the past year I have really improved my confidence and gained lots more skills, I even led my first ever cooking session which I was really nervous about at first but went really well. I have recently signed up to the volunteering workshop to gain even more knowledge."

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