

Food Workshops for Schools

Parent's Cookery Club

'One Off' or 'Series of 4-6 Weeks'

Our project worker will visit the school for a morning or afternoon and deliver a hands on cookery session working with groups of up to 8 parents (depending upon school facilities).

The sessions will consist of:-

Information on the importance of 5-a-day
Discussing how to achieve a healthy balanced diet on a budget
Hands on food preparation and cooking
Safe use of kitchen equipment
Food hygiene and kitchen safety

What Dorset Food and Health Trust will provide:-

1 Project Worker on site for a morning or afternoon session.
Recipe Cards or Booklets to support work undertaken.
All ingredients required to create recipes (as agreed with school - see list below for examples).
Containers for parents to take home the food they make for the family to try.

What the school needs to do:-

Contact us to arrange the date/time of the workshop and complete a booking form.
Advise final numbers at least 2 working days prior to the workshop taking place.

Example menus for parent's cookery club:-

Week 1

Sweet and Savoury Scones
Flapjacks

Week 2

Healthy Cakes:- Apple Cake,
Banana Loaf, Fruit Muffins

Week 3

Pizza with various toppings.
Fun times with fruit:- Fruit
Kebabs, Smoothies

Week 4

Many ways with mince:-
Burgers, Shepherds Pie, Chilli

Week 5

Lunchbox Favourites:-
Frittatas, Wraps, Dips

Week 6

Homemade Soups

Please Note - This is not a definitive list and the school will be invited to discuss their individual requirements and agree a menu prior to the workshops taking place.

This workshop is subject to suitable kitchen/cooking facilities being available at the school. This would need to be established prior to any event taking place. Where resources are limited, we are able to supply some equipment including items such as table top hobs - please contact us for further information.

DORSET FOOD AND HEALTH TRUST

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