




Cookery clubs and connection


Each spring, Food for Life's Plant and Share campaign takes place, encouraging people across the UK to sow, grow and share. In West Northamptonshire, settings could receive strawberry, potato or herb grow packs to get involved. Five settings who applied for the packs weren't able to enrol with Food for Life but could take on the more manageable commitment of a growing activity.




"The children have loved to plant the strawberries and have enjoyed watching them grow. The nursery children also enjoyed eating them as snack, they got very excited! We look forward to growing next year."

EARLY YEARS AND PSHE LEAD AT EASTFIELD ACADEMY

Food for Life runs Cook and Share each year to get the nation making and enjoying good food. In West Northamptonshire, three settings were supported with £100 worth of cookery equipment as a way to get them involved in the good food movement.



With this equipment, Vernon Terrace Primary School introduced an after-school cookery club. Each week, children were in awe of what they had made and excited to share their new skills and the food they'd made with those at home. Skills, teamwork and new friendships all blossomed, and pupils of all ages asked questions and shared their own food experiences.



Spring Lane Primary School put their Food for Life training to the test and cooked 240 Aloo Tikkas. Year groups three to six were involved and they used potatoes, coriander and spring onion grown by pupils at school. They found that whilst cooking at this scale takes time, it's very efficient in the long run and creates an opportunity to discuss healthy eating choices. The recipe was shared with parents so they can recreate it at home as a family.

