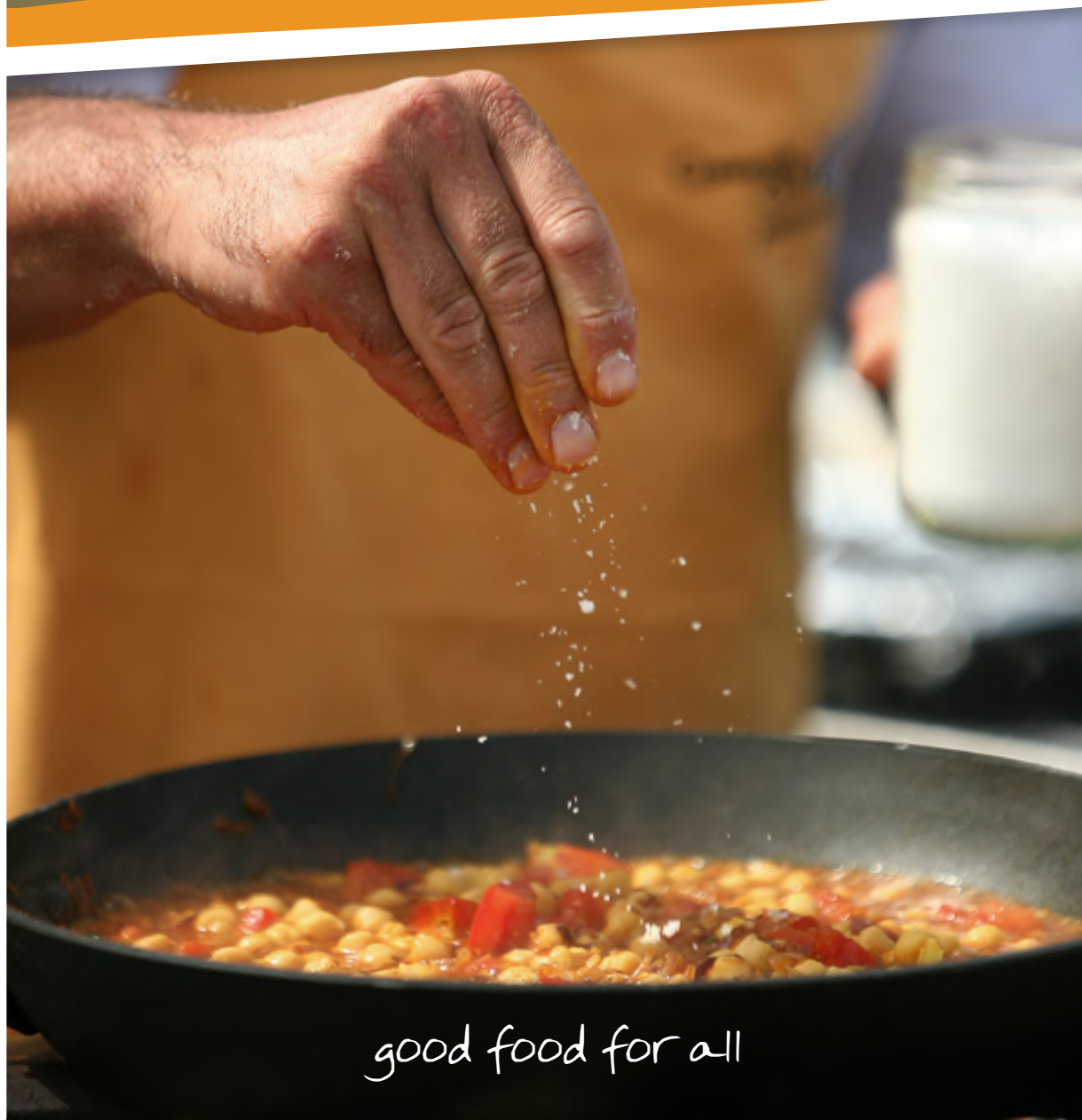


Community
Chef



training



good food for all

training

About this project

Community Chef started in 2001 as a not for profit community project. Our aim was and still is, to enable people to cook and eat good food which supports a sustainable food system. We have grown into a socially focused enterprise which works nationally with schools, community groups, charities, government organisations, primary care trusts and ethical businesses. We run training, offer consultancy, mentoring and advice services and deliver cookery classes, workshops and demonstrations. We have taught thousands of people to cook and trained thousands more to pass on their skills and enthusiasm for good food to others. We empower people and communities to look after themselves, each other and our planet.



Our ethos and approach

We believe that good food is a fundamental human right and an ecological imperative. We use cookery and food as tools for promoting positive change in the world. Our work helps to address health, environmental, poverty and food access issues. We encourage people to take responsibility for their lives in a pro-active way and develop transferable, practical, empowering and enjoyable skills. In so doing, we help people to work together and make healthy, vibrant communities. Our work directly supports an ecologically responsible and ethical food system by using and promoting local food, independent food producers and retailers, organic agriculture and community food co-operatives.



Our training

We offer training and mentoring for people who are passionate about good food and want to set up and run cookery clubs, food related activities and social enterprises within their communities. We tailor our training to the needs of our participants and use a practical and participatory approach which is both highly effective and very enjoyable.

This training will help you to:

- Improve your own cookery skills and knowledge
- Work effectively with others and share your enthusiasm for good food
- Support others in improving their cookery and everyday nutrition skills
- Plan and run a cookery course, club or community food project or enterprise
- Expand your understanding of food, health and environmental issues
- Address environmental, economic, social and health issues in your community
- Create healthy, cohesive communities with sustainable food systems

Who do we train?

Our trainees come in all shapes and forms and from every type of background imaginable. We have trained school, community and family workers, doctors, dieticians, chefs, priests, scout leaders, farmers, bank managers, entrepreneurs and volunteers to name but a few. What they tend to share is an interest in food and cookery, and a desire to pass on their knowledge and enthusiasm while doing a worthwhile and tangible activity within their community.

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What will you learn?



We use and teach a participatory and person-centred approach to working with groups which hinges on good communication and effective facilitating skills. We cover the cycle of behaviour change, and tried and tested techniques for ensuring sustained positive changes in behavior.



Our work is deeply rooted in a holistic approach to good food. Trainees learn more about healthy eating and ways to optimise our nutrition while eating a balanced diet. We explore food access and environmental issues and look at low cost ways of ensuring healthy, ecologically sound food for all.

Trainees learn a simple design technique which they then use to plan their chosen cookery or food related activity. We support you in identifying the practical steps you will need to take in order to run a successful activity and help you to make your plan a reality.



Our training is orientated around the kitchen. Trainees get to make delicious and healthy food, learn new or improve their cookery skills, bake bread and write their own recipes. We train you how to teach cookery and how to facilitate cookery groups.

What else we do

- outreach cookery classes and workshops
- large scale, and intimate cookery demonstrations
- workshops and events with our state of the art smoothie bike
- support for social enterprises
- consultancy and advice for food, community, environmental and health promotion initiatives
- recipes and menu development
- interactive catering for public, private and community events

Community Chef has a fully mobile demonstration and teaching kitchen which means we can work almost anywhere from school halls and boardrooms to shopping centres and public libraries.

Contact us

For more information about our training or any other services contact:

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chances4change
Improving health and well-being
for people in South East England

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