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Welcome

Hello and welcome to the July update from Hull Food Partnership!

You are receiving this email because you have previously signed up to receive more information about the work of Hull Food Partnership.

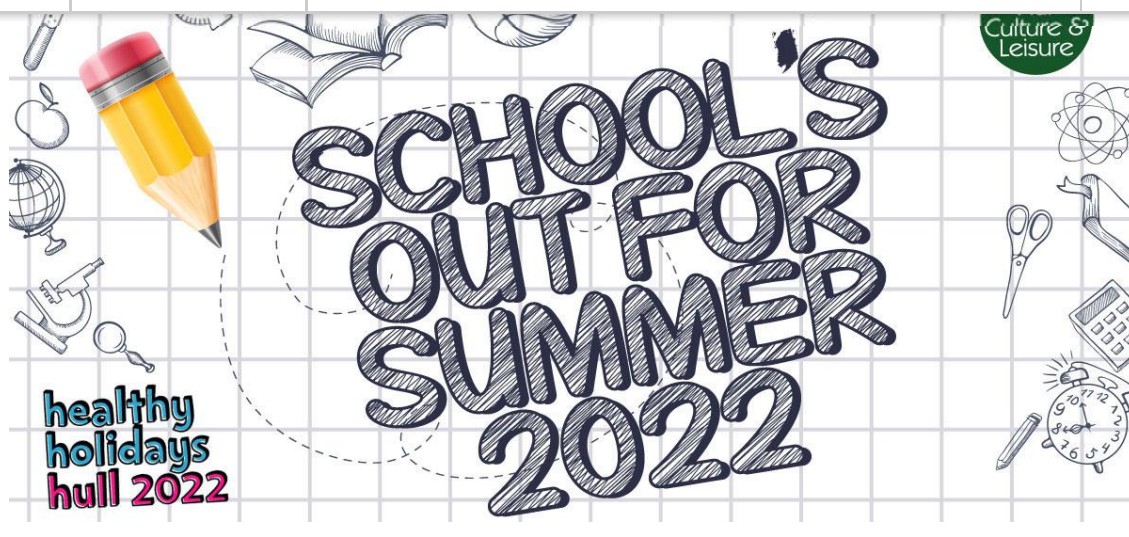
After a scorching few days, we hope you have managed to stay safe and avoided getting sunburnt.

It's always tempting to get outside and water your plants in the fierce sun, but be careful to [time it right to maximise your use of water](#) and resources – watering in the evening is a much better option. When you water, the key thing is to ensure all layers of the soil in the root zone are wet. Regular light watering causes shallow rooting of plants and makes them less drought tolerant.

So, water plants thoroughly but occasionally – and don't let the soil completely dry out because it becomes harder to wet at that stage. You can water the soil rather than the plant, but take care not to cause the soil surface to form a hard pan. A bit of mulch (wood chips or compost) can protect the soil and keep moisture in – but beware of slugs.

Don't forget to [look after the wildlife in your garden](#) too, leave out water, top up bird baths and make sure ponds don't dry out. Create shady spots too if you are able, with nooks and crannies that creatures can shelter in.

If you know someone who would like to receive this newsletter, please ask them to email their name and contact details to anna@rootedinhull.org.uk with the subject header 'HFP newsletter subscription' and we will add them to the mailing list. All requests will be dealt with in line with our data protection and UK GDPR policies and people can unsubscribe at any time.

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Hull Food Partnership News

Still Hungry For Change! – Emergency Food Summit update

Thank you to everyone who attended the Hull Food Inequality Alliance emergency food summit last week. We were fortunate enough to have speakers from Forum, FareShare and the Trussell Trust who gave an overview of what support is available for community food aid providers in Hull. Unfortunately, the picture in Hull is not positive, with providers already reporting a rise in requests for food support and for them, the cost of supplying both hot and cold food is rising as supplies and fuel prices increase.

Newly released figures from the [End Child Poverty](#) campaign show that for 2021, 27% children across the UK are living in poverty, rising to over 40% (22,007) of children living in Hull as follows:

- Hull North = 8,205 (41.1%)
- Hull East = 7,052 (40.4%)
- Hull West & Hessle = 6,750 (41.7%)

At this point in time, it is vital that we all work together to mitigate the worst impacts of the cost of living crisis, which is why we are developing a Food Poverty Action Plan for Hull that will form part of the Hull Food Strategy.

To find out more about the work of the Hull Food Inequality Alliance and how to get involved, please email karen.taylor@rootedinhull.org.uk



If you are an organisation supplying food aid to people in Hull, we want to hear from you!

A key part of our work is understanding who is doing what in Hull to support people who are asking for food aid. With this data we can provide evidence of need to national and local government, and funders to make the case for extra financial support for people living in Hull. To do this we need to hear from you!

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fridges, or community kitchens giving away food, we need to know about it. Please tell us who you are and what you are doing by completing the online form here:

<https://tinyurl.com/FoodProviders2022>

This will help us create a map of what is happening in Hull, where the gaps are and where the greatest need is.

We are also gathering evidence on the building pressures that organisations are facing as the demand for food aid in Hull increases.

If you are facing increasing costs and supply chain issues, please help us by telling us about your experiences in the online form here: <https://tinyurl.com/FoodAid2022>

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After two years of being apart, Pride in Hull are bringing the LGBTQI+ community and our allies back together again!

30 JULY | 12-5PM | QUEEN'S GARDENS

- Family area
- Bigger food market
- Community stalls
- Spoken word tent
- Uncensored stage



For more information scan here



Local News

Lucy Beaumont offers fundraising gig for schools in Hull

With the news that over 40% of children living in Hull are living below the poverty line, local comedian Lucy Beaumont has tweeted her anger and has appealed for schools in northern cities including Hull to make contact with a view to organising fundraising comedy gigs. This follows the success of a similar gig held in Sheffield which raised £10,000 to use towards a crisis fund for families that will struggle over winter.

In her tweet thread, Lucy says:

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19 out of 20 of them are in the North”

She goes on to say:

“...if you work for a council/social services/school etc in these areas and can direct me to schools with the highest pupil premium”

She needs a venue with over 350 seating capacity but says ticket sales can be split between multiple schools/trusts. If you know of a school that would benefit from this offer, please contact Lucy by email at Lucyann83@hotmail.com or via twitter [@LucyABeaumont](https://twitter.com/LucyABeaumont)

Get your party started with The Magic Basket!

Husband and wife team Shaun and Kristie have a passion for fun, clean and healthy food. Shaun is a chef of 15 years and when their eldest child was diagnosed with food intolerances, they were inspired to start a business focusing on creating fun food that everyone - including children, would find appealing.

The Magic Basket was born!

Their motto is bright and beautiful, not beige and boring.

Whether creating a table of inclusive foods or boxed picnics they strive to make each item delicious and inviting. Meal times, treats and parties can all be challenging to prepare, especially when you need to consider specific dietary requirements too. They hope that in the (near) future to be able to offer meals for busy working families that are packed with vegetables and nutrients to make life easy but not compromise on time or quality of what people are able to feed their family.

Find out more and place your order here:

<https://themagicbasket.co.uk>



Job Advert: Rainbow Community Garden Operations Manager

Salary: £12,513.60

Hours: 16 hours per week, Monday – Saturday 8:45 – 16:35

Duration: 3 years, grant funded, Fixed Term

Start date: 26th September 2022

Application Deadline: 30th July 2022

Northern Hull Rainbow Garden is a charitable community garden organisation, assisting local and vulnerable individuals and their respective relatives, dependents and/or carers based in North Hull.

This post is a new opportunity due to increased funding. They are seeking

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directly to the board and will work alongside the senior gardener who is responsible for managing the programme, community engagement, and maintaining the gardens.

The ideal candidate will be self-motivated, have good IT and communications skills, able to multi-task. With experience of writing funding bids, monitoring and evaluating existing projects and budgeting. You will work from home and will be expected to attend weekly meetings, activities and events, at the gardens, when required.

You can find more information about the role via the [Job Description and Person Specification](#).

For an informal chat about the position, please contact Brenda Elm, Senior Gardener, on 07862025831. To apply for the position, please send a CV and covering letter outlining how you meet the requirements of the role by email by 30th July.

Hull City Council FREE compost giveaway this July

If you are a Hull resident (e.g. you pay your council tax to Hull City Council), then you are invited to [visit Walton Street car park from 10am on Saturday 23rd July](#) to get access to a maximum of two bags of compost to help you grow your own fruit and veg.

As part of the "[food waste in the right place](#)" campaign, which started in 2019, black bins across Hull were fitted with tags reminding people that all cooked and uncooked food waste should be put in the brown bin. Since the initiative was introduced, there has been a 15 per cent increase in the amount of garden and food waste collected from residents.

To say thank you, the council will be giving away compost produced from the waste so why not make the most of this great offer and get growing!



Compost Giveaway 2022

Hull City Council are holding a FREE compost giveaway event to thank you for recycling your food waste!

When?
The event will be held on the 23rd July 2022 at 10am.
We will be there until 3pm (or until the compost runs out!)
Please don't all arrive at 10am!

Where?
Walton Street Car Park
Please follow the signage!

How?
This is a drive through event, please follow the signs, open your (empty) boot and drive away!
Easy!

Follow up
For more information on Waste Management here in Hull:
Facebook: @LoveYourStreetHull
Twitter: @LoveYourHull

Make the most of your food
Saving food from the bin helps slow down global warming.
Access simple everyday food hacks at www.lovefoodthatwaste.com.

Hull City Council 
Scan the QR code
Visit www.hull.gov.uk/tfms for more info.

Time2Volunteer: a new way to recruit and support volunteers in Hull

Time2Volunteer is a new volunteering website for Hull and East Riding, brings all the possibilities of volunteering to one place. Managed by Hull CVS and HEY Smile Foundation and powered by Partners, Time2Volunteer will give you and your organisation the ability to promote the volunteer roles you need and showcase your organisation to potential volunteers.

[Time2Volunteer](#) gives organisations access to a FREE volunteer management system, Be Collective,

automatically logged, making gathering figures for reports much quicker.

Time2Volunteer also holds a library of volunteering resources to support volunteer recruitment and management. Hull CVS and HEY Smile, have already begun training groups and organisations how to use the system, with more training courses planned for the following dates:

- Thursday 28th July – 1pm-4pm
- Friday 12th August – 1pm-4pm
- Monday 22nd August – 9.30am-12.30pm

If you would like to get your opportunities on Time2Volunteer sign up to one of these sessions now by emailing nnorton@hull-cvs.co.uk



If you have any local news that you would like us to share with our network, please email anna@rootedinhull.org.uk with the subject header 'HFP newsletter submission' and we will consider it for inclusion in our next newsletter.

EMS Ltd Summer

Family Events

Come along to Preston Road Village Centre on two Monday's & two Wednesday's during July/August.

There is a picnic bag for the children. You can take part in a range of activities, including, ball and chalk games, dancing, karaoke, puzzles, quizzes and lots more. You can also see some demonstration cooking that you can sample yourself for free. All outside our office/shop.

Start of Summer Fun Day, Wednesday 27th July -11am to 2pm

Monday 8th August - 12:30pm to 3:30pm

Monday 15th August - 12:30pm to 3:30pm

End of Summer Fun Day, Wednesday 31st August - 11am to 2pm



Let's get
cooking

For more information please contact the EMS Office on

Tel: 01482 709810 or Email: info@emsyorkshire.co.uk

healthy
holidays
hull 2022



National News

Why what we eat has a direct impact on the climate crisis

In light of the recent heatwave across the UK and Europe and the wider global impacts of the climate crisis, we wanted to draw people's attention to how [food and the way in which it is produced and distributed](#) has a demonstrable impact on [rising temperatures](#) across the globe.

What we eat is an emotive topic. It's part of who we are, it's woven into our memories and our cultures.

That's partly why meat and dairy is one of the big threats to our planet that isn't getting the action it needs.

Even when the Government's own advisors called for a reduction in intensive meat and dairy farming, [the](#)

global deforestation and contributes [19% of climate emissions](#). It's wasteful too, 83% of global farmland is used for livestock and their feed crops, but the meat and dairy produced accounts for only 18% of the calories consumed by humans.

We are not advocating that people give up meat and dairy completely, but instead support local farmers by eating less and better quality, with an [understanding of where it comes from](#). There are excellent meat and dairy producers out there and we can choose to support them instead of the industrial agricultural companies that [ignore the welfare needs](#) of livestock and people alike.

By using [better land management](#) we can feed more people, provide healthier diets, tackle the climate crisis, and free up vast amounts of land to restore nature.

Cost of living scams on the rise

Criminals are increasingly trying to capitalise on the cost of living crisis by targeting households with bogus offers of rebates, grants and support payments. But official Government support payments are usually automatic, so if you get a request for information out of the blue via text, email, or phone call – be wary of the following new scams:

1. BEWARE texts asking you to claim or apply for cost of living help – payments are automatic
2. Councils will NEVER call to ask for your bank details
3. Ofgem is NOT offering a £400 energy rebate - so beware scammers telling you this

For more information on the above and other scams to look out for, [click here](#).



Veg Power launches 'Breakfast in Colour' campaign

A recent You Gov survey commissioned by Veg Power, has found that 55 per cent of UK adults are struggling to eat their five a day. To encourage the British public to reconsider their breakfast choice and help them to meet their five a day target, Veg Power has launched a '[Breakfast in Colour](#)' campaign, featuring inspiration to guide people in the creation of easy-to-prepare breakfast dishes.

If you have ideas about how to #BreakfastInColour', email hello@vegpower.org.uk



Broken Plate report 2022

[The Broken Plate](#) is The Food Foundation's annual flagship report, presenting vital metrics revealing the health of our food system and its impact on our lives. Each year The Food Foundation publishes a new edition of The Broken Plate, providing updated statistics for key metrics and new commentary on the direction of travel.

It demonstrates that the UK's food system and our food environments have led the UK into a national health crisis, with children and households on low incomes suffering the severest health consequences. Businesses and Governments must act to ensure that the environment in which we live supports everyone in being able to access and afford a healthy and sustainable diet.

Headlines from 2022 include:

- The poorest fifth of UK households would need to spend 47% of their disposable income to afford a healthy diet
- 22% of workers in the UK food system earn the National Minimum Wage or below compared to 8% of workers across the whole economy
- More than 1 in 4 (26%) of places to buy food in the UK are fast food outlets
- Only 1% of industry spend on food and drink advertising is spent on promoting fruit and vegetables
- The percentage of UK children with obesity in their first year of school has risen by nearly 50% in one year, affecting twice as many children in the most deprived fifth compared with the least deprived fifth.
- If current trends continue then, amongst children born this year, 1 in 4 will be overweight or obese by the time they start school, rising to 3 in 4 people born this year by age 65
- By 2050, emissions from the food system will be four times higher than the level needed for the UK to meet its net-zero target



PEARSON PARK LIVE

LIVE MUSIC **FREE ENTRY**

1PM TO 4PM

SATURDAY JULY 23RD	SATURDAY AUG 20TH	SATURDAY SEPT 17TH
THE MIGHTY & THE MOON FARINO HAPPY ENDINGS HUMBER HARMONY CHORUS	QUICKSILVER KINGS RUTH SCOTT & JAMES WOOD <small>(LATE NIGHT MARAUDERS)</small> TIM MELLINS & THE TEN PERCENTERS IMOGEN HART	INFIDELS MOON MOTH LYN ACTON & JOHN SHEPPARD <small>(PEARLS CAB RIDE)</small> NIAMH BOWERS








Consultations / Campaigns

Menopause Pre-Engagement Survey: Local Consultation – closes 31st July

Healthwatch Kingston upon Hull are looking to highlight the views and experiences around the menopause to demonstrate the importance of the correct support being simple to access.

Healthwatch will not share any of the information you provide with any other service or organisation and the information provided will be anonymised and solely be used for the purpose of this project.

You can share your experiences with them by contacting 01482 595505 or on the website:

<https://healthwatchkingstonuponhull.co.uk/menopause>

In 2021, public sector food procurement was the subject of an inquiry within the House of Commons Environment, Food and Rural Affairs (EFRA) Select Committee and has been featured in Henry Dimbleby's independent National Food Strategy Report. Recommendations from both reports include:

- updating the buying standards to ensure procurement of healthy, sustainable food
- making the standards mandatory across the entire public sector
- improving and monitoring compliance with the standards
- opening up supply chains to a wider range of businesses

The Government would like to hear your views on the [proposed changes to public sector food and catering policy](#), they would like to know whether you think that the proposed policy changes are feasible in practice and will achieve its vision for public sector food and catering.

Improved food waste reporting by large food businesses in England: National Consultation – closes 5th September

The Government wants to know what you think of its [options for improving food surplus and waste reporting](#) by large food businesses in England. They are seeking views on the following:

- options for improving food waste reporting
- types of businesses in scope
- material in scope to be reported
- the reporting process which businesses in scope will need to follow for any regulation
- costs and impacts of any regulation
- enforcement of any regulations

Ensure 800,000 children in England receive free school meals – National Campaign

Every child deserves access to healthy, nutritious food, but this isn't our reality. The fact we're one of the richest economies in the world and young people don't have access to at least one nutritious meal a day is shocking. Boris Johnson says he wants to help families across the country who are struggling — free school meals are the perfect way to do this, and promote child health. Yet the UK Government has chosen not to extend free school meals to all children in need. During lockdown, Bite Back 2030 — a youth-led movement to ensure all children have access to healthy, nutritious food — started a petition calling for free school meals to be provided during the school holidays. And it worked! Over 400,000 people added their name, and helped raise attention to the issue. Continue applying the pressure by signing this [new petition](#).

Wildlife and Countryside Link: Legal Right to Local Nature - National Campaign

One in three people in England do not have nature near their home, with little or no greenspace at all in some of the most disadvantaged areas. Wildlife and Countryside Link is a coalition of over 70 different organisations who have come together behind this issue. [Back their call](#) on the Government to:

- make equal access to nature a core test of Levelling Up
- make it a legal requirement in new Levelling Up laws for developers and public bodies to provide access to nature-rich local spaces for everyone

UK government to reduce meat and dairy production and consumption 70% by 2030 and support farmers to transition towards producing food more sustainably – National Campaign

83% of global farmland is used for livestock and their feed crops, but the meat and dairy produced accounts for only 18% of the calories consumed by humans. By legislating to reduce meat and dairy, and using better land management we can feed more people, provide healthier diets, tackle the climate crisis, and free up vast amounts of land to restore nature. [Sign the petition](#) calling the UK government to reduce meat and dairy 70% by 2030 and ban imports of animal feed that are fuelling deforestation in places like Brazil.

Bread law review: take action – National Campaign

As part of its review of the Bread and Flour Regulations, the government is about to launch a public consultation. Defra will not commit to including in it the Real Bread Campaign's proposals for full ingredient declaration and meaningful, legal definitions of commonly-used marketing terms. This will exclude the knowledge and views of shoppers and small bakery owners on these issues of fundamental importance. [Email your MP here](#).

healthy holidays 2022

Children,
young people
and families

Looking for something to do this summer in Hull?

National Play Day

Wednesday 3rd August – Queens Gardens

Wednesday 10th August - Alderman Kneeshaw Playing Field

Wednesday 17th August – Pickering Park

All 11am to 3pm

Come and play, lots of activities for all ages and FREE of charge



Offers / Resources

Planet Local: A Quiet Revolution

Away from the screens of mainstream media, people everywhere are forging a new path for humanity.

Let Local Futures take you on a journey to meet dozens of people changing the world one localization project at a time in [this 50 minute](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Get inspired to organise a regular Play Street**

Read how [Jacqui from Hull brought her community together](#) in celebration of the Jubilee and how she continues to do so through supporting regular play streets, with resources from [Playing Out](#).

**The Owl Hoot podcast**

Featuring Sarah Bridle, Professor of Food, Climate and Society at the University of York. [Sarah shares her wisdom](#) on how food impacts greenhouse-gas emissions and covers diet type, food miles, land use, freezing and food waste.

hullcvs
community and voluntary services

Bransholme Trust Fund

We're providing charities
and not-for profit groups in
Bransholme funding up to

£500



Hull & East Riding
Charitable Trust

 The Sir James
RECKITT
Charity

Asda Foundation Grants for Children and Young People in UK – Deadline 19th August

Not-for-profit organisations working to benefit children and young people under 18 years of age can apply for funding for a range of activities that address the following:

- Provision of essential items eg, food, hygiene products.
- Encourage physical activity.
- Improve mental health.
- Celebrations within communities eg, summer holiday events.

Application support and guidance are available from [Asda Community Champions](#) based in local Asda superstores. Completed forms should be passed to the Community Champion who will then submit the application to the Asda Foundation. The Foundation does not accept applications directly from organisations. Groups may apply for grants of between £500 to £1,500.

Magic Little Grants Fund – Deadline 31st October

LocalGiving has launched its annual Magic Little Grants scheme for the fifth year in a row with more money than last year. With support from the six funding trusts from the People's Postcode Lottery, it is expected that 2,650 charitable organisations will receive a grant of £500 each.

To be eligible, organisations must have an annual income under £250,000 or be in their first year of operation and operate within England, Scotland or Wales. Funding can be used to launch new projects, support existing ones, or cover core costs associated with ongoing work. [Find out more here.](#)

UK Community Tree Planting Programme – Deadline 16th December

The UK Community Tree Planting Programme supports projects run by community groups and voluntary organisations that engage communities in planting and caring for native species of trees.

The Programme supports community projects that will:

- Conserve, restore and protect indigenous trees and woodlands, forests, habitats and associated biodiversity.
- Support community engagement in tree planting to promote reforestation and to increase awareness of the importance of trees and forests to environmental and human well-being.
- Encourage social cohesion and inclusion.

There are two tiers of funding available:

- Grants of up to £1,000 are available for projects of up to one year.
- Grants for large-scale projects ranging from 1000 to 10,000 trees with a maximum price equivalent to £1.50/tree (inclusive of tree protection).

Applications to this round will be accepted from organisations that are community-based, such as a school, community group or non-governmental organisation. Apply here:

www.internationaltreefoundation.org/uk-grants

Trusthouse Charitable Foundation – rolling deadlines

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registered companies and voluntary organisations) working with people living in the most deprived 15%/50% of the Index of Multiple Deprivation. They have two grant programmes:

- Small Grants, of £2,000 to £10,000 for core costs, salaries, running and project costs for projects with a community support focus.
- Major Grants of £10,000 to £100,000 for core costs, salaries, running or project costs of projects with a family support focus. Major grants may be up to £100,000 for a single year, or up to a maximum of £100,000 split over up to three years.

The Foundation has no deadlines: the Major Grants operate a rolling programme, with awards being made at the next quarterly grants committee, while the Small Grants are open to applications at any time.

Find out more here: www.trusthousecharitablefoundation.org.uk

ROOTED IN HULL

The Wednesday Sessions

Find us on St Peter's Street, Hull, HU9 1AA

We are happy to welcome you along to a number of creativity sessions that will take place on Wednesdays throughout the spring and summer

These sessions, inspired by all things natural, will encourage us to connect with others and promote wellbeing

We will also eat a lunch together of our deliciously homemade soup and bread

April: food growing basics
 May: textiles, natural dyes, willow lanterns
 June: soup making
 July: pottery
 August: musical instrument making

Sessions will run from 11am until 2pm, and are all free (although donations are always welcome)

for info and booking contact martin@rootedinhull.org.uk

@rootedinhull @rooted_in_hull @rootedinhull

Dates for your Diary / Events

Plastic Free July 1st-31st July

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[Samaritans Awareness Day 24th July](#)[Love Parks Week 29th July-5th August](#)[Pride in Hull 30th July](#)[Yorkshire Day 1st August](#)[Playday 3rd August \(Queens Gardens\)](#)[Yum! Festival of Food & Drink 5th-6th August](#)[National Allotments Week 8th-14th August](#)[Playday 10th August \(Alderman Kneeshaw\)](#)[Humber Street Sesh 13th August](#)[Playday 17th August \(Pickering Park\)](#)[Freedom Festival 26th August-4th September](#)[Leading a Food Revolution, Brigg 7th September](#)[Rooted in Hull Wednesday Sessions](#)

A promotional flyer for an event. The left side has a blue background with white text: 'Leading a Food Revolution', 'Wednesday 7th September 9.30 am - 12.30 pm', and 'Doubletree by Hilton Forest Pines, Broughton, Brigg, DN20 0AQ'. The right side features a collage of food-related images (vegetables, a chef, a tractor, a scientist) with a central white box containing the 'Hullifood PARTNERSHIP' logo and the tagline 'Growing a healthy and resilient food culture'. At the bottom, logos for 'Marketing Humber delivered by Bondholders' and '+ TEAM LINCOLNSHIRE Together We're Greater' are displayed.

Training / Webinars

FREE training: Great Big Green Week planning training - [available online](#).

The Climate Coalition are hosting webinars to support organisations in all aspects of putting on events during Great Big Green Week in September.

FREE evening courses: [Online and in person throughout July](#).

East Riding College, St James Centre, 24-30 St James Street, Hessle Road, Hull, HU3 2DH

The courses are available in person in classroom and online via Microsoft Teams, at the same time. To book your place or for further details please contact Rob Goodfellow on 01482 390973 or email: goodfellowr@eastridingcollege.ac.uk

FREE charity finance and governance webinars from Sayer Vincent: [October-December](#). Sayer Vincent, dedicated specialist audit and advice for charities and social purpose organisations, are running a series of free webinars on a range of charity tax, finance and governance topics:

- 7 October, 2022 9:30 – 10:30 Assessing the VAT treatment of activities
- 14 October 2022 9:30 – 10:30 VAT recovery and charity reliefs
- 20 October 2022 9:30 – 11 Trustee responsibilities and Code of Governance
- 28 October, 2022 9:30 – Introduction to Theatre, Orchestra, Museums and Galleries tax relief
- 10 November, 2022 9:30 – 10:30 Introduction to SORP
- 11 November, 2022 9:30 – 10:30 Charity Tax Update
- 18 November, 2022 9:30 – 10:30 Restricted Funds
- 25 November, 2022 9:30 – 10:30 Expenses, Benefits and Tax
- 2 December, 2022 9:30 – 10:30 Charity Reserves

They also publish an extensive resource library of [free downloadable guides](#) on a range of financial and tax issues.

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COOKING ON A BUDGET

ABOUT

The Cooking on a Budget Train the Trainer course will provide you with the skills and knowledge to deliver safe and healthy Cooking on a Budget Sessions to your service users. You will be provided with a Let's Get Cooking resource folder that includes recipes and activity ideas. You will also receive continued support from the Healthy Lifestyles Team to deliver your cooking sessions.

VENUE

The Acorns Children's Centre,
Nestor Grove, Hull, HU9 4DB

DATE

Thursday 17th November 2022

TIME

10am - 4pm

MORE

By the end of the training you will be able to:

- Demonstrate safe knife skills
- Recognise food hygiene measures required during cooking sessions
- Understand the importance of having a healthy balanced diet
- Cook a variety of healthy, nutritious recipes on a budget
- Utilise a variety of cooking resources and recipes to share with your service users

BOOK ON NOW!

Training delivered by:



Please complete the following information and return your booking form to:
Helen Nicholson - helen.nicholson@hullcc.gov.uk

Name:

Job title:

Organisation:

Contact Number:

Email address:

courses to choose from



Founded in 1903, the Workers' Educational Association (WEA) is a charity dedicated to bringing high-quality, professional education into the heart of communities.

Due to the COVID-19 pandemic, they have had to move most learning online, and as a result have refreshed their offer for 2022. Many courses are FREE or discounted (subject to eligibility). Some courses we think you'll find interesting include:

- **FREE:** Quick to Crop: growing for food and fun [8th August](#)
- **FREE:** Thursday Night Dinner: A Tasty Taster [11th August](#)
- What to cook at Uni [Starts 15th August](#)
- **FREE:** Cooking for One for University & Beyond [23rd August](#)
- Indian Cookery Online Taster [23rd August](#)
- International Cookery Online Workshop [26th August](#)
- Fakeaways [Starts 5th September](#)
- Exceedingly Good Cakes [Starts 9th September](#)
- Indian Cookery [Starts 13th September](#)
- International Cookery [Starts 16th September](#)
- **FREE:** Organise and De-Stress your life! [Starts 16th September](#)
- The Sustainable Garden [Starts 21st September](#)
- Introduction to Permaculture [Starts 4th October](#)

For more information about WEA Yorkshire & Humberside courses, click here: www.wea.org.uk/yorkshire-and-humber



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