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## Welcome

Hello and welcome to the May 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 very dry April, we've seen much more rain this month which is a relief for all the [veg growers](#). Once all risk of frost has passed this month, you can plant out tomatoes, courgettes and pumpkins that were previously sown under cover.

When you decide to take your half-hardies (runner and French beans, courgettes, cucumbers, squash, tomatoes etc) outside, remember they will stop growing if you don't ['harden off' the plants](#).

When plants are inside temperatures are warmer and there is no wind. As a result, the pores on the leaves are not used to opening and closing to adjust to conditions and stems will be weak as they don't have to resist pressure from wind and rain. So get them used to being outside gradually. Put them out in their pots during the day and bring them in at night. Do this for at least a week before you move them outside permanently. This will acclimatise them to the new conditions and help them adapt and grow well in their new location.

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](mailto: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.



## Hull Food Partnership News

### Food Inequality Small Grants now closed for applications

Thanks to everyone who applied for a Small Grant this time around – we are in the middle of assessing the applications and will let people know the outcomes of their application next week.

If you didn't get chance to apply in this window – don't worry, we have one more round of funding to go, and will launch it later this year, so keep your eyes peeled when our newsletters come out!



### Welcome Karen to Hull Food Partnership

We are delighted to announce that we have recruited Karen Taylor to be our new Food Inequality Officer, she will lead on developing the Food Poverty Action Plan and will be reconvening the Hull Food Inequality Alliance as well as supporting the Hull Poverty Truth Commission.

We asked Karen to introduce herself and this is what she told us:

'Hi there, my name is Karen Taylor and I've recently been appointed to the post of Hull Food Inequality Officer with Hull Food Partnership. My background is working in the charity sector with marginalised communities around issues of social justice. This work has involved offering one to one support, co-ordinating and facilitating various groups, training sessions: organising campaigns, events, and undertaking research and development work.

For the last five years, I have been doing a super important job of looking after my daughter. During these years, as a single parent in receipt of income support, money has been tight. Having a child in the mix certainly does add an extra layer of pressure to provide healthy food, school uniform, presents, holidays, days out and meet various school related expectations to provide resources etc. During this time, I found the [RE:uniform](#) charity useful in providing free school uniform, [HomeStart](#) for providing some childcare support, [Hull Community Church](#) for organising clothes/toy swaps/food pantry and [Hull PDSA](#) in providing vital care for my cat at much reduced cost. It doesn't directly pay the bills, but it does free up a little bit of money here and there. Most of all, someone being kind, treating you with dignity and respect can make a big difference to feeling able to keep going through difficult times.

I feel passionate about changing the story that being poor is the fault of those who are poor; reducing expectations on parents to spend, spend, spend, when meeting the basics is a struggle, and helping to amplify the voices of people with lived experiences of food poverty to help develop a

and meeting and working with you. Karen'

If you would like to learn more about our work on Food Inequality in Hull, please contact Karen via [karen.taylor@rootedinhull.org.uk](mailto:karen.taylor@rootedinhull.org.uk) for further details.

### Hull wins Peas Please Veg City Prize 2022!

Hull won the Veg City Prize as part of the Peas Please Awards that were distributed at the Peas Please Pledger Conference in Leeds yesterday.

For the past two years Hull has been the runner up, so it was brilliant to get the recognition due and finally win the award this year. Darren Squires attended and picked up the prize on behalf of Hull.

It is worth stressing that this is recognition of the hard work that John Pickles did in initiating the project several years ago and what all of you as community organisers do in growing, preparing, cooking and promoting the eating of veg all year round in all weathers.

This is a community effort and the more we can do to work together, the better we can support the people of Hull in getting access to good quality fresh, tasty food.

All of this success is down to you and we are very grateful!

To get involved in Veg Cities, contact Darren Squires, Veg Cities Community Campaign Officer via [darren@rootedinhull.org.uk](mailto:darren@rootedinhull.org.uk)

Read more about the award [here](#).



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#### Cost of living crisis and sustainable food

Hull Food Partnership joined [Sustainable Food Places](#), [Brighton & Hove Food Partnership](#), [Food Matters](#), the [Centre for Food Policy](#) and the [Food Foundation](#) at a webinar on 27th April to discuss how can we deliver high quality food that is kind to people AND the planet through local policy and planning and the role of food partnerships.

There are no easy answers to these questions, but it was a thoughtful debate with lots to consider. You can read about [the key points made here](#), or watch [the webinar and download the resources here](#).

**#NoMowMay<sup>®</sup>**

## We're not mowing in May



#### Local News

##### Open Day at Thwaite Gardens in Cottingham

This Sunday 22nd May, from 11am-4pm. A chance to look round the [Botanical Gardens and greenhouses owned by the University of Hull](#). Listen to the All For One Choir, have tea and cake, buy some plants and have a go on the tombola. Entry fee: £5 adults; members and u16s free.

57 Thwaite Street, Cottingham, East Yorkshire HU16 4QX

[Zero Carbon Yorkshire](#) is planning a website upgrade which will include a directory and map of local community group/org members. The directory will be split by region to make it easier for local members to search for their nearest group to join.

If you would like your group to be added to the online directory please email

[zerocarbonsyorkshire@gmail.com](mailto:zerocarbonsyorkshire@gmail.com) for a template form, which asks for some basic info about your group.

### Join the Beanfeast!

[Northern Seed Savers](#) are organising a beanfeast to celebrate beans that folk are growing in Northern England. They are aiming for late Sept, probably Saturday 24th in Darlington. If you are growing any northern bean cultivars specifically adapted to northern England, then they want to hear from you! Get in touch:

- If you would like to contribute to beanfeast in a specific way (this could be on the day at the event or in your own space on the day/during that week maybe, or it could be a written piece, poem, anything to help create a buzz around beans!)
- If you will commit to helping organise or offer something on the day
- If there is someone specific you think they should invite and why?
- Is there a specific artist they can commission to create artwork linked to the theme of northern beans

For more information, contact Charlie Gray, Northern Region Coordinator - Seed Sovereignty UK and Ireland Programme via [charlie@gaiagnet.org](mailto:charlie@gaiagnet.org) / 07403 394142



### Permablitz on Constable Community Allotment

Taking place on Sat 21 May from 11 am onwards at [Constable Community Allotment](#), Constable Street, Hull, HU3 3DF.

After a period of limited activity on the allotment related to covid restrictions, the site is in need of some TLC. There is lots to do to, both in the community growing area and in the mini-orchard on the main field. Everybody is invited to come and help, they've missed having lots of people coming on to the site and hope lots of you will take advantage of the benefits of the fresh air and exercise on offer. Please bring a packed lunch and they will provide hot drinks.

They are also planning to restart the veg box scheme, where people agree to donate £7 a week to the upkeep of the allotment during the season, and will receive a weekly veg box containing local organically-grown produce. Volunteers are always welcome to join regular sessions on the allotment which at the moment are Wednesday and Friday mornings from 10.30 am until around 2.00 pm. These sessions are also an opportunity to see permaculture in action and learn about permaculture in practice.

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Area / Co-ordinator, Transition &amp; Permaculture Hull on 07816 141169 /

[lausannet@yahoo.co.uk](mailto:lausannet@yahoo.co.uk)


**Volunteer**  
With FoodCycle  
Hull Marfleet

Week in, week out we invite people from all backgrounds to come together and share delicious meals made from surplus food.

Join the FoodCycle family as a volunteer and help end hunger and loneliness in your community.

Sign up

[www.foodcycle.org.uk/get-involved/volunteer](http://www.foodcycle.org.uk/get-involved/volunteer)  
Registered Charity Number 1134423



**Everyone is welcome**

We provide a safe, welcoming space to share food and conversation, helping to strengthen communities and enhance the health and mental wellbeing of people from all backgrounds and walks of life.

This wouldn't be possible without people like **you!**

There's a **volunteer** role for everyone and we're really flexible. Whether you want to **collect food** from local outlets, **cook** up a storm in the kitchen, **welcome our guests** as they arrive, support with **regional marketing** or maybe you'll help lead the sessions and become a **Project Leader**.

Whatever role takes your fancy, we'd love to hear from you!

**FoodCycle Hull Marfleet**  
Meals served every Thursday at 6.30pm  
Marfleet Community Centre, Rear of  
22-24 Swanfield Road, Hull, HU9 4PX  
Volunteer shifts available from 5.30pm

Sign up

[www.foodcycle.org.uk/get-involved/volunteer](http://www.foodcycle.org.uk/get-involved/volunteer)  
hullmarfleet@foodcycle.org.uk 02077 292 775

### FoodCycle launches weekly FREE community meal in Hull – Volunteers Wanted!

[FoodCycle](#) is excited to be launching a project on the 26th May in the Marfleet area of the city after engaging with Hull Food Partnership and other community organisations to find where community meals can best fit in the fantastic network of food provision in Hull.

They're now excited to announce that weekly community meals are being hosted by [TimeBank](#) and are looking forward to a partnership that will benefit those in Marfleet and beyond. The FoodCycle model is simple, taking surplus food and transforming it into a three course meal - [Ready, Steady Cook style!](#)

Guests can join weekly to enjoy a sit down, table service meal. There's no referral/criteria to attend and everyone is welcome.

With this in mind, [FoodCycle are seeking volunteers](#) acting as either cooks or hosts for just a few hours each week. There is no minimum commitment, so volunteers can attend weekly, monthly, or even less frequently - whatever suits your appetite and availability.

It would be fantastic to see support for this brand new project and they'd welcome anyone 18+ to register – no expertise necessary!

To sign up as a volunteer or for more information on FoodCycle visit [www.foodcycle.org.uk/location/hull-marfleet](http://www.foodcycle.org.uk/location/hull-marfleet) or email [hullmarfleet@foodcycle.org.uk](mailto:hullmarfleet@foodcycle.org.uk)

**programme**

[The Peel Project](#) is Hull's first BAME led organisation, delivering activities and events that are seeking to improve lives and build communities. In a short space of time their 'doorstep activities' have led to an increased number of inactive young people and adults (male and females) taking part in regular fitness activities. In particular within ethnic minority communities, many of whom experience poor physical health and mental health. They are also making strides to make services more inclusive to BAME communities and provide befriending sessions, clothes bank and various focus groups.

There is a continued need in reducing growing inequalities within the city of which The Peel Project are well placed to assist local authorities and organisations. Over [the past 12 months](#) they have helped many families in a variety of ways and via their ladies project they have given out laptops, run a weekly community kitchen, cancer awareness training, a period poverty campaign and offer weekly creche services.

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

**National News****Community groups call for 'right to grow' food in UK's unloved public spaces**

People should be given the right to turn road verges, sterile lawns around hospitals and underused public spaces into vegetable gardens and orchards, say campaigners for a ["right to grow" law](#).

[Incredible Edible](#), a network of more than 150 community growing groups, has drawn up plans to oblige local authorities to keep a register of public land suitable for vegetable and fruit-growing, which local

to incorporate it into forthcoming levelling up legislation.

Under the proposals, the new law would oblige councils to maintain a list of public land suitable for “community cultivation” or “environmental enhancement”, including land owned by the NHS, government agencies and possibly water utilities.

Local people and volunteer groups could apply for a certificate of lawful use to cultivate the land for an agreed period, without any rental charges or ownership change. Land that was too contaminated for growing vegetables could still be used for bee-keeping, for instance.



### Government's U-turn on junk food legislation

The government have just announced an [unexpected U-turn](#) on several crucial pieces of legislation designed to take forward its own [obesity strategy](#). The junk food advertising and multibuy restrictions were designed to take unhealthy food and drink out of the spotlight and give more room for healthier options. [Childhood obesity](#) prevalence has risen still further over the last 24 months, and millions of families are struggling to put healthy food on the table.

We need to [draw attention to this U-turn](#), and let the Prime Minister know that this will not help families struggling in the cost-of-living crisis. We need to get the word out loud and clear that:

- Junk food ads targeted at children will not help families weather the cost-of-living crisis
- Junk food multibuy cost families more, not less, and will not help low-income families put food on the table
- Recent polling shows that people want help buying real food, not junk food
- The government should be prioritising fixing the Healthy Start scheme, and improving uptake rates
- People should be paid a real living wage, and be properly supported by the welfare system
- Free School Meals should be universal

The government needs to hear from all of us, in our communities, that this U-turn will not help local families with the cost-of-living-crisis.

Action needs to be taken quickly, in the next day or two, if we are to have an impact on the debate. Write a piece for your local newspaper, [write an open letter](#) to your MP and send it to your local newspaper, publish a twitter thread (copying in [@10DowningStreet](#) and [@BorisJohnson](#)) with information about [local obesity rates](#) – or anything else that will make a bit of noise!



On Friday 20th May, [Jamie Oliver](#) will be holding an 'Eton Mess' protest outside of Number 10 Downing Street. He is encouraging people to bring their own Eton Mess puddings to 10 Downing Street to help keep attention on this. ([You'll find his video here](#)) We can't all be there, but we can show the scale and breadth of support by tweeting from our communities all across the country.



**The perfect excuse to get to know  
your neighbours...**



**GET YOUR FREE PACK AT  
THEBIGLUNCH.COM**

### **Get your community involved in The Big Lunch!**

With just a couple of weeks to go until [The Big Lunch](#) and [The Big Jubilee Lunch](#), now is a great time to start planning the finer details.

But if you're only just getting started, don't panic! There's lots of practical advice, ideas and inspiration to help, including [five simple ways](#) to get involved without spending a penny.

If the last fourteen years' of The Big Lunch have taught us anything, it's that events needn't be costly or fancy, people are your number one ingredient. So take a look at the tips, get talking to your neighbours and get ready for a fabulous summer of food, friendship and fun!



## Consultations / Campaigns

### People's Panel survey: Local consultation – closes 23rd May

The latest survey asks about [Climate Change & Being Green](#)

- How much do you understand about it?
- Net Zero
- What do you do and what are you willing to?
- Whose responsibility is it?
- Oh Yes Net Zero
- Travel - to work and to school

All [completed surveys](#) will be entered into our prize draw where you could win up to £250 in high street shopping vouchers

### Hull's Local Transport Plan: 2021-2026. Local consultation – closes 28th May

Hull City Council is reviewing and refreshing Hull's current Local Transport Plan 2011 - 2026 (LTP).

The plan sets out priorities for how we manage, maintain, and improve transport and travel in Hull.

Local people have provided their input into this refresh (as well as other transport and travel strategies and plans) via The People's Panel surveys, in particular throughout summer and autumn of 2021. Hull City Council have listened to the views and feedback that they have received to make sure that the LTP takes your needs into account. Your answers to these questions will help make sure that the LTP is focused on the right priorities and actions.

By [completing this survey](#) you have the option of entering into our prize draw where you could win up to £500 in high street shopping vouchers.

### The Real Bread Campaign wants to help celebrate YOUR Real Bread heritage

Historically, the focus of the [Real Bread Campaign's work](#) has been on additive-free bread of (White) north European heritage. Reasons for this include the Campaign being based in the UK, where those baking cultures predominate; and that the Campaign was founded by, is run by, and has mainly attracted, people

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well. It can be a genuine sourdough boule, homemade aish baladi, bao, chapatti, hardoo, injera, khobez, nan-e-sangak, porotta, roti, tortilla de maiz. What place and meaning does Real Bread of your cultural heritage have in your family, identity and day-to-day life? If you have thoughts on what you might like to share, please send Campaign coordinator Chris Young an email with a very brief outline via

[realbread@sustainweb.org](mailto:realbread@sustainweb.org)

If you've not written before, don't worry – Chris is happy to help. Maybe you'd prefer to simply [share a family recipe on the website](#), with a short paragraph about its importance to you.

### Soil Association Out to Lunch campaign

If you're a parent or guardian who's keen to change what's on the menu for the better, you could be the perfect fit for [#OTL2022!](#) This year, they're asking secret diners to go undercover to rate food served to families at UK visitor attractions.

Covering a range of exciting venues, from museums to theme parks, across the UK. They'll be using their findings to make tailored recommendations to a shortlist of 20 of the UK's most popular visitor attractions, with a view to make what they're serving more healthy, sustainable and family-friendly.

Enjoy a fun day out this summer & help us improve food for families!

- The Soil Association will: Cover the cost of your lunch & entry to one of the UK's top attractions (where applicable)
- In return you will: Rate the food being served there across a variety of factors

Find out more and register your interest here: [www.soilassociation.org/causes-campaigns/out-to-lunch/](http://www.soilassociation.org/causes-campaigns/out-to-lunch/)



### Offers / Resources

#### FREE Cornflower seeds from Morrisons

Between 16th-23rd May, Morrisons are giving away 2.75million packets of Cornflower seeds as part of their [Seeds of Hope](#) campaign.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[‘Assessing the sustainability of Food Hubs: why do it and what tools are available?’](#)

Understanding the sustainability of a food hub requires a way of assessing or measuring its impacts: what it uses up, what it emits, what it gives back, and what value it brings to lives and the local economy. This report considers what sustainability is and why we need to measure it, and discusses some of the factors that can limit the uptake and effectiveness of assessment tools.



[Smiley News](#) is a non-profit community interest company. Their vision is to inspire positive change in society by creating a happier, more equal and sustainable world, where everyone works hand-in-hand to address urgent societal and environmental problems. They exist to recognise people doing good and empower others to start volunteering, donating, fundraising or setting up initiatives.



## Funding

### **[Bite Back is offering 100 fully funded places to begin the Food For Life School Food Champions programme in September 2022 – deadline 27th May](#)**

As advocates for better school food, Food for Life are proud to support [Bite Back's School Food Champions programme](#). Schools will receive get a year of the Food For Life awards package (normally £199) for FREE, and can achieve recognition for sustainable changes across all areas of food.

In each school, a lead teacher will work with 10 - 15 pupils in years 7 - 9 who are keen to make a difference when it comes to food issues. With training and resources from Bite Back 2030, the teacher will recruit a small team of pupils and lead sessions focusing on key issues about food and healthy food culture.

- Project #1 will improve three specific issues of the food environment in your school to help you work towards achieving Food for Life's bronze award status. You can find out more about Food for Life's School Award [here](#).
- Project #2 will be entirely youth-driven and will make a difference either in your school or your local community. The team will be given a £100 budget for materials and resources.

If you'd like to set the stage for health and empower pupils with skills in leadership and social action, [sign up to the School Food Champions programme](#) today.

### Two Ridings Foundation – Hull Activity grants – deadline 13th June

The [Hull Activity Grant](#) is aimed at helping small community groups and other non-for-profit organisations with grants from £200 – £2000. Priority will be given to organisations that support disadvantaged groups. Funding can go towards core running of the project and development costs.

Applicants must:

- Be a small voluntary organisation, community group, small charity or other type of not for profit organisation provided that the purpose of the grant is wholly charitable
- Have a constitution or governing document
- Have an annual income of under £100k per annum

More info: [www.tworidingscf.org.uk/fund/hull-activity-grants](http://www.tworidingscf.org.uk/fund/hull-activity-grants)

### Stop Loan Sharks Community Fund – deadline 30th June

Local residents' groups, charities, private companies, social enterprises, community and voluntary groups, schools and statutory agencies can now apply for their share of a £160,000 funding pot to tackle loan sharks in England.

Delivered by England Illegal Money Lending Team (IMLT), the funding has come from the proceeds of crime taken from convicted illegal money lenders.

Grants of £5,000 are on offer for projects which:

- Contribute to raising awareness of the dangers of using loan sharks.
- Prevent crime and disorder and makes a difference in local communities.
- Promote the work of the Illegal Money Lending Team (IMLT) in communities.
- Encourage reporting of loan sharks and signposts victims to the team.

IMLT actively encourages projects and initiatives that are different from the rest and will leave a legacy in the communities in which they are delivered. Find out [how to apply here](#).

### National Allotment Gardens Trust Grants – deadline 1st July

Grants are available for registered allotment associations and committees for the improvement and development of facilities on registered and permitted sites. [Grants of £250 to £2,000 are available](#).

The Trust's objectives are to:

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- Provide training for allotment committee members and for people who wish to become involved in the management of allotments.
- Support committees who wish to take a lease of their site from either local authority or private landlord.
- Improve the facilities for those who have need for such facilities because of youth, infirmity or disability.
- Provide funding and experience in allotment gardening.
- Arrange local training courses.

More info: [www.nagtrust.co.uk/grant-application](http://www.nagtrust.co.uk/grant-application)



## Dates for your Diary / Events

**Plant and Share Month** [20th April – 20th May](#)

**No Mow May** [1st-31st May](#)

**National Vegetarian Week** [16th-22nd May](#)

**Big Plastic Count** [16th-22nd May](#)

**World Bee Day** [20th May](#)



**Thank You Day** [5th June](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[National Children's Gardening Week 28th May-5th June](#)[Humber Business Week 6th-10th June](#)[EU Green Week 30th May-5th June](#)[World Ocean Day 8th June](#)[Month of Community 1st-30th June](#)[Switch Up Your Lunch 13th June](#)[30 Days Wild 1st-30th June](#)[Circular Economy Week 13th-17th June](#)[Have a Grow Day 18th June](#)

**ROOTED IN HULL**

## The Wednesday Sessions

Find us on St Peters 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](mailto:martin@rootedinhull.org.uk)

@rootedinhull @rooted\_in\_hull @rootedinhull

### Training / Webinars

**FREE conference:** Together We Can Summit [11th-21st May](#)

Insightful talks, interactive workshops and captivating speakers. It's brought to you by Transition Together, replenish your hope with a [Blizzard of Stories](#) from communities leading change. Explore how together we can reshape local economies, resist imaginatively and rewild our world. Tackle the challenges of

**FREE webinar: [Cooking for your community: a recipe for success 25th May](#)**

Join The Active Wellbeing Society for inspiring examples and a guide to both planning and starting up a regular hot meal in your community.

**FREE Training: [HAF bitesize: Food and Nutrition 26th May](#)**

A session focused on nutritional education and learning with colleagues from Food Active, The Full Time Cookery School and OHID.

**FREE webinar: [Why a sustainable food strategy is the only option to solve today's and tomorrow's crises 30th May](#)**

Soaring energy prices, the rising cost of living and threats to our food system brought on by the war in Ukraine have provoked panicked calls for more intensive farming and a scaling back of green ambitions, including the recent decision from the EU agricultural ministers to allow production on marginal land. But these calls detract us from our long-term, but most urgent need to achieve net zero and will reverse any gains in food security for a fairer, greener, healthier Europe.

**FREE webinar: [Food Talks: How can the circular economy move us to better food systems? 7th June](#)**

Consider what a circular economy means in relation to food and farming, and key questions including:

- What role can a circular economy for food play in helping a green recovery?
- What examples already exist of organisations doing 'in the round' circular economy thinking in practice?
- How can we overcome barriers to the wider uptake of circular approaches?
- And what practical actions can we all, as food citizens, take?

**FREE training: [Cooking on a Budget – Train the Trainer 27th June 9.30am – 4pm](#)**

VENUE: Acorns Children's Centre, Nestor Grove, Bilton Grange, Hull HU9 4DB

This 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 session.

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

To book on to the course email Helen Nicholson – [helen.nicholson@hullcc.gov.uk](mailto:helen.nicholson@hullcc.gov.uk)



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# TRAIN THE TRAINER 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

Monday 27th June 2022

## TIME

9.30am - 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](mailto:helen.nicholson@hullcc.gov.uk)

Name:

Job title:

Organisation:

Contact Number:

Email address:

## courses to choose from

**WEA** Adult Learning  
Within Reach



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:

- WEA Festival of the Natural World [11th April – 6th July](#)
- Made to measure: Skills to cook for one or twenty! [Starts 25th May](#)
- FREE: Budgeting for beginners [1st June](#)
- FREE: Food Safety [Starts 6th June](#)
- FREE: 'Skint to Savvy': Improve your relationship with money [Starts 8th June](#)
- FREE: How to start a cake/baking business [Starts 9th June](#)
- Wildlife Gardening [Starts 10th June](#)

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



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