



COOKERY CLUB FOR PARENTS AND KIDS

www.ahugfrommum.co.uk

A Hug from Mum

Eating good food doesn't make you posh it makes you smart! If learning a few skills means you can eat better, cheaper and produce tastier food, you'd be daft not to, Right?

Passing on recipes is a part of nature, just as in the animal world, parents pass on the knowledge of hunting and gathering food as a necessity for survival. Fortunately, we only have to pop down to the local shops! Eating is a basic need, we have to eat for fuel but who says it has to taste bad? Yes, we have to be mindful of our health but it's a fact; if it's homemade the choices are ours and with a few basic skills we can make our own choices on what goes into our food.

Bringing families together in the kitchen not only helps to form positive bonds and attachments but also arms you with "skills for life." It also empowers you to make your own decisions on maintaining a healthy lifestyle.

Everything about home cooking taps into our primal needs. When somebody cooks for you it sends out numerous subliminal messages, 'I will nourish you, bring you pleasure, I am creative, accomplished. I can tame sharp implements, whisk away your worries. I can make magic and transform your life...'

Preparing a meal for someone is a way of spoiling them with all of the thought and effort you have put into it. It's not just about the food that has been cooked but the atmosphere it creates. The memories of family meals are something to treasure for a lifetime and a gift to 'take away.'

An Overview of the 'Hug from Mum Programme'

A 'Hug from Mum Cookery Club' is aimed at parents and their kids, but as we live in a society of many diverse families this includes; not only Mums and Dads but Grandparents, Aunts and Uncles, foster carers, social workers, support workers and even teachers who have volunteered to partner the kids in the classes.

A 'Hug from Mum' does NOT believe in 'hitting anyone over the head with a carrot' but aims to encourage families by teaching them to cook things they enjoy and then to share tips with them on how to make healthier choices.

At the club we teach adults and kids the skills, knowledge and confidence to choose healthier foods, budget effectively and cook for the family without wasting food.

We inspire and motivate adults and kids into the "world of work", particularly into the catering industry and to improve, increase and consolidate the basic literacy and numeracy skills of adults and kids by using practical everyday situations.

We encourage families to work together within the kitchen environment, weighing out ingredients following recipes and even washing up, thus helping to form positive bonds and attachments.

Skills are taught and a range of cost effective recipes are provided so that skills can be taken into the home and shared, therefore developing "skills for life".

'A Hug from Mum' can also help to strengthen the link between the school and the local community by encouraging them to become involved in a short course on the school premises.

We promote physical health and well being by encouraging people to make healthier choices with regard to their food and explaining to them that eating healthier food is NOT more expensive or time consuming but rather about making changes to the way we do things right now.

The 'Hug from Mum Cookery Club' runs for six weeks, once a week for two hours 4.30 till 6.30pm. The clubbers then get to take home what they've made for a nice supper or for their tea the next day. The cookery club has a capacity of between 10 and 14 people for the six week programme.