



“COOKING WITH CONFIDENCE” RESULTS

This report shows an example of the results and outcomes that we achieve from our “Cooking with Confidence” courses.

These results come from a series of “Cooking With Confidence” courses that we delivered in one area of West Sussex over a 12 month period (2015 – 2016). During that time period, we delivered 16 courses in this area.

TARGET GROUPS

The courses in this area were focused on the following audiences: -

- Adults and parents on a low income
- Adults lacking cooking skills
- Adults using the local foodbank
- Carers
- Isolated men
- Older, bereaved men
- Young mothers
- Adults making efforts to get back into work

ATTENDANCE

Over all of the courses more than 91% of attendees completed the courses. This is fantastic attendance when experience shows us that many of these audiences have trouble attending every week due to other issues going on in their lives.

Over this series of courses 65% of attendees were female and 35% were male. We encourage men to attend and find mixed groups work extremely well.

The ages of people attending this series of courses varied.

Age Range	
18 – 27 years	12%
28 – 37 years	22%
38 – 47 years	12%
48 – 57 years	26%
58 – 67+ years	28%

COURSE CONTENT

The course content varies from course to course as we aim to meet the needs and wants of each group. However, we do aim to teach some different cooking styles and techniques over the course of 5 or 6 weeks.

Week 1	Soups and Flatbreads
Week 2	Mince based meals (e.g. bolognaise, chilli and vegetarian option)
Week 3	Curry week
Week 4	Tortilla Wraps and Fruity Crumble
Week 5	Pasta Bakes
Week 6	Sausage casserole, Chow Mein and Healthy Eton Mess

Courses provided by



RESULTS

100% of participants demonstrated improved understanding of the components of a healthy diet

100% of participants demonstrate understanding on how to reduce fat, salt and sugar in their food, and how to increase the amount of vegetables and fruit they are eating

100% of participants demonstrated improved skills and confidence in preparing and cooking healthy meals

99% report improved skills for shopping for food on a budget

99% demonstrated increased knowledge and awareness of safe food and equipment handling and hygiene practices

99% showed an increased understanding of the importance of portion size when serving food

99% showed increased understanding of how to cook in bulk

98% showed increased knowledge of food labelling to inform healthier choices

92% of participants report continued use of cooking skills and healthy eating choices at least 3 months after completing the course.

KEY BEHAVIOUR CHANGE OBSERVED

Overall watching individuals develop their confidence and skills over the course of 6 weeks is empowering, and most of the skills they will be able to take forward in their lives, even if they are not cooking every day.

Key behavioural change seen included: -

- Eating more fresh ingredients
- Increased confidence to cook from basic ingredients
- Increased confidence to follow a simple recipe
- Much greater confidence to taste foods that they had not eaten before. Several participants also reported changes to behaviours at home where they encouraged other members of the family to try and eat a wider range of foods
- Greater consumption of fruit and vegetables
- Greater confidence that they could continue to eat more fruit and vegetables over the next 6 -12 months
- Everyone who attended reported cooking more at home and preparing more meals from scratch.

THE POWER OF COOKING AND CONFIDENCE

The impact and influence that our courses have had on some people's lives is undeniable. These individual stories portray a picture that cannot be told in numbers and short comments alone.

CASE STUDY 1



"I came on the course with my sister. We both wanted to learn how to cook better and we both need to lose weight. I have lost over 11 stone but still have a bit to go. I have really enjoyed the sessions and Karen has been really supportive and helpful. She has encouraged us to try new foods and shown us how to put meals together that are good value for money and easy to prepare. I am now much more aware of what I am buying when I go shopping and I am definitely cooking more at home rather than using frozen pre-prepared meals. I really can't

believe how easy those chicken nuggets were to make. I am definitely never going to use the frozen ones again!"

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CASE STUDY 2

"I learned how to put simple meals together and it's given me so much more confidence to cook at home. I have enjoyed trying out new things and each week when I go shopping I buy a different herb or spice so I can use this. My son has really liked the mini pizza and the chicken nuggets. I really didn't know how easy it was to make things from scratch"



CASE STUDY 3



"I have quite good cooking skills but the group was suggested by Caroline Wilkin who has been helping me at home. Coming on the course has helped my confidence and it's got me out of the house. I have enjoyed the sessions. I have enjoyed talking and meeting people. The course has given me new ideas and most of all my confidence back". Thank you!

CASE STUDY 4

"I have a mild learning disability and wanted to come on the course to learn more independent skills. I have enjoyed taking the food home to my mum and dad to show them what we have made. The course has been good because I have made new friends and learned how to cook better. I didn't realise I could actually cook but I have enjoyed tasting what we made"

