

Delivering a Family Cookery Session – Guidance

Before You Begin – Things to Consider

Evidence shows that people are more likely to try new foods and make changes to their diets if they cook dishes for themselves. Cooking together and sharing what is made is an effective way to encourage healthy eating.

There are lots of things to consider when you are thinking of running a cookery session. Helpful information from Coventry City Council can be found on this advice sheet [Running a food business - things to consider](#). Please ensure you read this before you start.

[Checklist for running a cooking class](#) also provides a helpful checklist.

Important things to consider include:

- Does the venue have access to power, hot and cold water and washing up facilities?
- Consider the space – where will cooking take place and how will the room/space be organised?
- Do you need access to a fridge for chilled ingredients? If not, could you use a cool box for that day?
- Is the demonstrator trained in food hygiene level 2 Food Safety? If not, these courses are available online and can be accessed for as little as £10
- Do you have a fire extinguisher and a fire blanket? Do your staff know how to use them?
- Do you have access to a fully stocked first aid kit? Ideally there should be blue plasters available to reinforce food safety
- You will need to discuss basic health and safety in the session and carry out a risk assessment. Guidance and resources on supporting good food hygiene and safety practices, including an example and template risk assessment can be found [here](#)
- Food a Fact of Life have a series of videos to teach food preparation skills including [peeling](#), [onion preparation](#), [grating](#), [the claw grip](#), and [the bridge hold](#). Phunky Foods also have a series of [Food Prep Skills](#) clips on YouTube. Both are designed to promote safety and encourage independence in the kitchen. Please have a look at them
- You will need to check with parents/carers for any allergies or religious or cultural reasons why children may not be able to taste or handle a particular food. If you have any children with intolerances or allergies to a particular food, remember to check all food packaging to ensure that any food to be used does not contain these ingredients. To prevent cross contamination, make sure ingredients children can eat do not come into contact with ingredients they cannot. If there are any children who have a severe allergy to an ingredient, this should not be used at all in your session

Equipment – What You Will Need

Below is a list of equipment to help you deliver the Chilli Con Carne and Rice session. We've added links to suggest where you could purchase them from together with their estimated cost.

For the demonstrator only:

- 1 x [2 zone portable induction hob](#) (£90)
- 1 [large saucepan](#) (£16.15 with lid) (to cook the rice)

For 6 adults and 1 demonstrator:

- 6 [single zone portable induction hobs](#) (£50 each)
- 7 [knives](#) (for the adults £3 for a set of 2)
- 6 [children's safety knives](#) (£8.99 for a set of 3)
- 7 [medium saucepans with lid](#) (£12.75 for a set of 3, 2 with lids))
- 7 [aprons](#) (£6)
- 6 [aprons](#) for little helpers (£4 each) you may need more depending on numbers
- 7 [box graters](#) (£3 each)
- 7 [vegetable peelers](#) (£3 each)
- 7 [wooden spoons](#) (£1.50 each)
- 7 [chopping boards](#) (£2.50 each)
- 7 [sets of measuring spoons](#) (£1 each)
- 4 [can openers](#) (£4) (3 to share and 1 for the demonstrator)
- 7 [sieves](#) (£4 each)
- 7 [extension leads](#) (£7 for 2)

Estimated approx. cost	£792
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Remember you will also need enough crockery and cutlery to serve, and you may want food containers for any leftover food to be taken home.

You will also need:

- Blue Roll (double up as tea towels)
- Antibacterial cleaning spray
- Cling film/foil

