

## *Summer Holidays Offer*

### *Young Chefs: Cookery and Craft*

During this year's summer holidays, St Sidwell's is hoping (Covid restrictions permitting) to relaunch our offer of one-week Cookery and Craft courses for pupils from local schools between the ages of 8 and 16. The offer is aimed at families entitled to free school meals and as well as getting a nutritious hot meal each day, participants will get practical instruction in a range of cookery skills and learn more about nutrition and the food economy.

Over the course of each week, participants will, under the direction of a professional chef, cook a different dish each day before sitting down to eat together and/or taking their dishes home to share with the rest of the family. They will also spend some time each day with an Arts and Crafts trainer, creating a personalized recipe booklet and a record of their week.

One day of each week-long course will involve a trip to a local farm where they will learn more about where their food comes from and, weather permitting, will cook a meal over an open fire.

### **Lockdown alternative offer**

Given the ongoing uncertainties, we have made a contingency plan.

If we are unable to run our in-person Young Chef courses then we are aiming to offer an online service. Several of our cooks are currently making Cookery Demonstration films that we will be uploading to our website along with pdfs of the recipes and children and families will be encouraged to access these films and to try out the recipes at home. In addition, one of our cooks will offer two live ***Cook-along with St Sidwell's*** sessions each week via Zoom.

For any families on tight budgets, we have the funding to prepare boxes containing all the key ingredients that will be needed for each recipe and these will be available to collect from our Community Centre

All staff and volunteers working with children on these courses will have an enhanced DBS check

***These offers, aimed at improving local food education and promoting healthy eating are funded by grants from the Northbrook Trust and Devon Community Foundation***