

"CAN COOK WILL COOK"



**ASHLYNS**  
**ORGANICS Ltd**

# What's it all about?

- Who are the partners?
- The projects aims
- The can cook – will cook team
- The training kitchen
- A typical days programme
- All about Ashlyns Organics
- What's in it for you?
- How can you help?

# A Partnership Project



**LOTTERY FUNDED**



*empowering local communities*

# The projects aims

- To work with children from ages 8 to 16 and their carers from disadvantaged backgrounds throughout Essex and North London.
- Through fun cookery courses develop skills in nutrition, literacy, numeracy and budgeting.
- Target is to deliver the course to 3,200 adults and children over 4 years.

# The “can cook-will cook” team



- **Richard Stark - Senior Trainer**
- Fully qualified chef for 15 years. Moved from Australia recently where he was running a government funded training café, managed by the Salvation Army. Offered accredited training in hospitality to disadvantaged young people aged 15 to 24.



- **Amanda Plummer – Project Co-ordinator**
- Background in sales and marketing. Recently finished working on 3 year government funded project run by Youth and Connexions to encourage and support disadvantaged young people aged 16-18 find work and to re-engage in education and training.

# Modern, fully equipped, professional kitchen



# Training Kitchen



# A typical days programme

- Cookery demonstration by senior trainer of benefits of fresh cooked version versus shop bought ready meal.
- Cooking session by course delegates of nutritionally balanced meal, including practical skills demonstration.
- Shared lunch of the days menu.
- Interactive session on nutrition, menu planning and budgeting, including games.
- Fun food quiz in teams, including blind tasting of fruits and juices, vegetable, herb and crop recognition.
- Farm visit, with an opportunity to feed the animals.

# All about Ashlyns Organics Ltd

Based on a family owned 1500 acre organic farm near Ongar.



# Organic Farm Shop and Restaurant.



Employ full time education staff to conduct tours of the farm.



# Feed our Future

- Feed Our Future currently supplies nutritional menus, staff, training and support to over 40 schools in Essex and North London. Also works with care homes across Essex



# Farmers co-operative Ashlyns Growers and Producers (AGAP)



Provide catering to staff, visitors and patients in  
Hospitals in Epping and Braintree.



# What's in it for you?

- Helps to meet many of the “Every Child Matters” outcomes.
- Candidates will gain confidence and benefit from life long learning and skills.
- Offers a learning opportunity in a fun day out for all.
- **IT'S FREE!**

# How can you help ?

- Help us to identify families who may benefit from this project, who you currently work with.
- Children aged 8-16, and their carers experiencing social disadvantages.
- Examples of this may be; children in care, foster carers, young carers, single and teenage parents, educationally disadvantaged, drug/alcohol problems, troubled past.
- Provide transport for candidates.