

## PROJECT RECIPE

### FAMILY COOKING

A cooking project where children, parents and grandparents try out sweet and savoury recipes.  
Wren's Nest, Dudley

#### INGREDIENTS



FAMILIES

+



FOOD & RECIPES

+



A GREAT PLACE WITH  
KITCHEN SAFE FOR  
KIDS

## **FAMILY COOKING**

### **WHAT IS THIS PROJECT?**

When 7 year old Danica heard that Wrens Nest Community Centre was involved in a project called Open Hub which invited people to start projects she had an idea. She said she wanted to learn how to do baking with her friends. She invited her friends and asked them to bring their parents and some ingredients to make rock cakes. The project quickly grew and developed. Each week a different recipe was agreed by children and parents. Parents put in £1 per child and families took it in turns to get ingredients for the next week. Adults did the all the food preparation with sharp knives and anything needing hot ovens in the kitchen. Children did mixing, kneading and all sorts safely in the community centre hall. When the food was cooked the tables were made for everyone to eat together.

### **WHAT DIFFERENCE IS IT MAKING?**

The project ran for 24 weeks in 2014, with 43 children from toddlers to teenagers taking part - some only once or twice, others regularly. Soda bread, quiche, burgers, pizza, sausage rolls, pasta salad, cakes and fruit deserts have all been made and eaten. Parents from some of the 24 local families involved said their children were trying more fresh fruit and veg, and families had more confidence to cook together at home once they had tried things out. Danica said "I feel happy that I have made new friends and got to try lots of recipes because I like to try new foods and find out how they are made. It has helped me to be confident and not so shy."

### **FIND OUT MORE**

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