

EHC project brief

"Efficient and Healthy Cooking", funded by the Volant Trust, brings women, including lone isolated mothers, from minority ethnic, migrants and refugee backgrounds together and provide them with an educational and practical course. The sessions will happen once a week. Each session will last 6 hours approximately. We will plan this in a way that participants can drop their children at school, attend the course, and have enough time to collect their children at the end. Each session will entail 1 hour theory, 2 hours shopping, and 3 hours kitchen time. The project worker will instruct and lead the group. participants will learn:

- 1- Efficiency and sustainability in the context of preparing meals for the family
- 2- How to avoid compromising health and nutrition
- 3- How to source ingredients for cooking efficiently
- 4- How to shop for food considering efficiency and sustainability
- 5- Practicing efficient and sustainable recipes and cooking methods in a kitchen
- 6- Learning and practicing food waste elimination and left-over management.

The project is a sub-project of our existing Open Arms which has nearly 100 women from the same target group under support.

Through participating in the workshops; participants will be enabled and have the confidence to replicate what they have learned in their homes. We will teach by Principle. It means If they can understand how to make one soup, they can make a whole range of different soups using the same principle. We keep learning simple and use the cheapest healthiest possible Ingredients. We teach the most energy-efficient ways including efficient planning and preparation, batch cooking, good food storage, and ways to use up leftovers and seasonal gluts. We will teach a sustainable food waste policy.

EHC Course

- Cooking classes: Theory, shopping, and kitchen
- Once a week – 1 hour theory, 2 hours shopping, 3 hours kitchen
- Number of participants in each session: 5-7

The Role

The Workshop Leader will develop and deliver a program of basic nutrition facts, food shopping, and cookery-related activities aimed at educating migrant women to feed their families efficiently in their new home, UK.

The role will consist of 6 hours of practical and 4 hours of desk-based (can be done remotely) activities in a week.

The role will include:

- Development of the training materials
- Deliver the cooking workshops
- Providing safe, simulating environments for all.
- General cleaning duties, including set up and clean down after each session.
- Assisting with promotion of the Open Arms activities
- Supporting other leaders as and when required.
- Promotion and outreach

- Hiring a community kitchen for the workshops (within the project's budget)
- Facilitating the face-to-face sessions
- Recruiting and managing volunteers
- Communicating effectively with the group members
- Observing GDPR
- Assisting with the publication of the program's booklet
- Assisting with the evaluation and reporting of the program

We are looking for a person with:

- Experience working with diverse group of people, particularly migrants.
- Awareness of current healthy eating guidelines. (Desirable)
- Interest in food and cooking.
- Able to act on own initiative.
- Self-motivated
- Creative
- Organised
- Qualified level 2 Food hygiene certified or willingness to undertake.
- Allergy awareness
- First Aid trained or willingness to undertake

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