



A food education company positively shaping the way people
see, eat and experience food every day

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The story behind NOURISH FOOD SCHOOL



Nourish Food School is here to help shape a world where food is a positive part of everyday life for everyone. A world where cooking and eating is associated with enjoyment, achievement and great memories that positively influence future behaviour and enable long term physical and emotional wellbeing.

That little red onion in our logo isn't just a great ingredient – it's also a nod to the origins of Nourish Food School - the red onion logoed social enterprise, [Food Nation CIC](#).

For more than a decade, Food Nation innovated countless projects that use food to tackle public health concerns – including the well-established Cookery School. Most recently, their Men's Pie Club initiative has been making astonishing progress in addressing issues of social isolation, loneliness and mental health in men.

As Food Nation continues to evolve, and as demand for food education grows - Nourish Food School was ready, proud and excited to take forward the work of the Cookery School in it's own right as a brand new social enterprise. This is also allowing the future of Men's Pie Club to build and make a difference in mental health. Nourish Food School is now challenging diet-related ill health and food insecurity across Newcastle, Gateshead and North Tyneside.

Joanna Lacey, Food Nation Director since 2015, stepped across to launch and lead Nourish Food School. Food Nation Food Skills Trainers also joined the Nourish team, bringing their experience and foodie passion to the new organisation. Nourish Food School and Food Nation continue to work closely and support each other in their complementary social goals.

That word 'nourish' isn't just a nice foodie word - it has a bigger meaning and keeps the Nourish Team focussed on the social purpose. We are all about remembering that to nourish is to provide tools needed to live, be healthy, develop or grow stronger. Food experiences create opportunities to do that for physical health, for mental health, for the health of a community or workplace and so much more.

"The ambition for Nourish Food School is not solely to teach someone how to chop that onion. It's about establishing good food behaviours, building resilience through skills and confidence, and seeing people come together to share in experiences and memories.."

Everyone has a relationship with food. The more positive that relationship can be then surely the greater chance there is for improved health across whole communities. These are the skills, behaviours and relationships that will then be passed from one generation to the next and can create healthier communities long into the future."
- Joanna Lacey, Founder and CEO

THE VISION

OUR VISION IS TO...

...remove food related illness from all communities in the North East of England.

THROUGH OUR DAILY MISSION OF...

...positively shaping the way people see, eat and experience food every day.



We want food to be something that isn't surrounded by messages of restriction - a world where foods aren't put into categories of good and bad.

We want everyone to have an opportunity to increase their kitchen confidence by learning cooking skills and knowledge that allow them to make good choices.

We want people to realise that a wide variety of ingredients are accessible no matter what their circumstances and to not feel pressures of food insecurity.

We want everyone to enjoy the process of cooking from scratch and feel a sense of achievement from creating a meal every time.

We want to see cooking become part of family life where skills and knowledge are passed from one generation to the next.

We want food to create opportunity and memories in every household and every community.

WHAT WE DO

We provide hands-on experiences to people living, working and eating in the North East, with a focus on communities and businesses across Newcastle, Gateshead and North Tyneside.

Nourish Food School's objectives include:

- to establish good relationships and behaviours with food at every age
- to build resilience around food through increased skills, knowledge and confidence
- to improve health outcomes through establishing good food habits
- to create food experiences that create positive memories

In practice this means we provide the following activities:

- Cookery classes and courses for the general public, schools and community groups
- Private one-to-one/small group cookery classes and celebration events
- Food education workshops for schools and community groups
- Community Recipe Kits
- Food experience events for businesses



OUR ACTIVITY & SERVICES

FOR SCHOOLS & COMMUNITY

Cookery Classes and Courses

Food Demonstration Stations

School Assemblies

Bespoke VCS partnerships

FOR THE GENERAL PUBLIC

Masterclasses and courses

Recipe Kits

Private tutoring

Our Cook's Shop

WITH BIG & LITTLE BUSINESSES

Food Demonstration Stations

Cook & Eat Lunch Breaks

Team Building Events

Bespoke events



HOW WE DO IT

THROUGH AN OUTREACH MODEL

Nourish Food School operates primarily with what we call an 'outreach model'. This means that a lot of the time we create pop-up training kitchens in just about any space - it could be a school hall, a community centre or a staff canteen. As long as there are tables and hot water then we'll set out our portable equipment and run a cookery class that does exactly the same thing as it would in a fully fitted kitchen.

This model of delivery allows us to reach just about any audience or community and makes sure that what we offer is accessible to all.

AT OUR TRAINING KITCHEN HUBS

For those occasions that need the set up to be a little shinier and formal we've a few training hubs in Newcastle upon Tyne where we base ourselves. These spaces are where we do our general public masterclasses, private tutoring workshops and corporate team away days. Right now we've a few bases in Heaton, Ouseburn, Fenham and Westerhope. Find out more about our current bases online or by dropping us an email.

BY WORKING IN COLLABORATION

Our team is small for the number of things we do and that's because we are all about collaboration and partnerships!

This means we get to work in partnership with lots of other great people and places - and can focus on what we are good at whilst complimenting the expertise of others.

We're always on the lookout for new people to partner up with from small grassroots projects right up to large regional organisations looking to add or enhance a food strand into what they do.



WHY WE DO IT

Firstly, because the prevalence of preventable food related illness is unacceptable.
And because people who love food and want to learn more should have the opportunity to do just that.

WHAT WE MEAN BY 'FOOD RELATED' ILLNESS

We're not solely looking at health concerns often highlighted in the media such as obesity, although this is a major concern that Nourish aims to tackle.

- Food-related ill health might be physical and a result of poor eating behaviours. Some of these health concerns include Type II diabetes, heart disease, the physical impacts of obesity, the physical impacts of being underweight, poor dental health...

- Poor emotional and mental health can be a result of, or be impacted by, food behaviours. These can be health conditions such as eating disorders, anxiety, stress, depression. Perhaps some of these are deep rooted behaviours learned from childhood, perhaps these are a result of financial insecurity, or perhaps they are a result of something else.

We're not saying Nourish Food School is the answer to everyone's problems, but we ARE saying that we can make a difference!

40% of 10-11 years olds in Newcastle upon Tyne are classed as overweight or obese (National Child Measurement Programme, 2020) increasing their likelihood of developing associated health conditions in adulthood

It is estimated that by 2050 overweight and obesity will cost the NHS £9.7bn per year, with societal costs of £49.9bn (PHE, HealthMatters, 2017)

At least 1.25 million people in the UK have an eating disorder, a condition with the highest mortality rate of all mental health conditions in the UK (Beat, 2021)

A quarter of 5 year olds in the UK have tooth decay with poor diet recognised as a major contributing factor (PHE, HealthMatters, 2015)

Increasing concerns around food security and poverty contribute to poor mental health conditions such as depression and anxiety

WHAT'S ON OUR WISH LIST

- Grant funding to continue working with the most vulnerable people in Newcastle, Gateshead and North Tyneside.
 - a. **Food Security Cookery Classes** using a recently curated recipe collection developed through consultation with emergency food provider organisations.
 - b. **Jamie's Ministry of Food Cookery Course**: a national RSPH-accredited cookery course shown to change people's food habits through increased knowledge and basic skills.
 - c. **Community Recipe Kits** - increasing access to new foods, recipes and skills - and which eliminates the barrier of physically attending a cookery class for times when that isn't possible.
- To **establish new long-term partnerships with VCSE organisations** who might be looking to add or enhance a food strand into their existing provision.
- To **establish more relationships with big business** allowing us to inspire people about food from within the workplace as well as generating revenue that helps us meet more of our charitable aims.
- PLUS the big dream of having our own physical space fitted out as the **Nourish Community Training Kitchen**, allowing us to expand the trading arm of Nourish Food School.



IT'S NOT ALL ABOUT US!

We want to know what everyone thinks should be happening when it comes to food education and cooking experiences.

We'll always be doing our own community consultation but we also want to listen to new ideas from local people and places. We need to know why something might be needed or important in line with our social aims.

Drop us an email if you have anything to share and we'll get back to you to talk it through.



NOURISH

FOOD SCHOOL

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