



WHAT IS A GROW COOK SHARE COOKING CLUB?

A Grow Cook Share Cooking Club is a four session facilitated cooking program that provides participants with a practical hands on experience that aims to develop food preparation skills, confidence and the inspiration to prepare nutritious meals using fresh seasonal produce.

Who runs the Grow Cook Share Cooking Clubs?

Community organisations such as church groups, Neighbourhood Houses, Community Houses and services that are offering community meals or emergency food relief can run a Grow Cook Share Cooking Club.

Each club is facilitated by two leaders that are either volunteers or employees of the host organisation (see role description). The two leaders will participate in a two day Train the Trainer course on Monday November 11th and Tuesday November 12th held at The Salvation Army.

The Cooking Club Leaders will run their club using the 'How to run a Cooking Club manual'. The manual will contain a series of session plans and suggested recipes that the leaders will use to guide the program.

Each organisation can recruit other volunteers who can support the Cooking Club. This might be to do jobs such as harvesting food, growing food if there is a garden onsite, setting up the room, assisting participants or advertising the group.

The Grow Cook Share project will work in partnership with each organisation to establish the club.

Who attends a Grow Cook Share Cooking Club?

Anyone can attend a Cooking Club but they are predominantly for people who are experiencing barriers to accessing healthy food. This might be due to financial hardship, limited food literacy and cooking skills or lack of enjoyment around food due to social isolation.

Participants are recruited to a Cooking Club by the organisation implementing each club. Opportunity for recruitment could be when people access emergency food relief or attend a community meal. They could be referred from other services or respond to posters at the Cooking Club site. Templates for flyers and posters will be made available to each Cooking Club.

The number of participants attending a Cooking Club will depend on how many support staff and space that each club has available but will likely be between 6-10 people. The Grow Cook Share project will assist each club in making this decision.

Who are the meals prepared for in a Grow Cook Share Cooking Club?

Participants in the club can be cooking for themselves, their family or cooking to contribute to a community meal where the Cooking Club is held.

It is one of our principles that at the end of each Cooking Club a meal will be shared by all who participate.

As each person will be preparing their own meal, it will be likely that there will always be left over to take home for another day or to be shared with their family.



Where are the Grow Cook Share Cooking Clubs held?

A suitable kitchen will be identified by each organisation. This could be a kitchen onsite, a room set up fit for purpose, or a partnership with another venue such as a local school, community centre, Rotary Club (see Grow Cook Share Kitchen checklist for basic requirements).

When are Grow Cook Share Cooking Clubs held?

The logistics of each cooking club is up to the management of the organisation, the cooking club leaders and their community. However, it is a requirement of this project that at least one Cooking Club is held before March 30th 2020. The four sessions could be held as one session per week or it could run as a fortnightly program.

The best day for running your club may depend on when you offer emergency food relief or a community meal.

The people that you think will benefit from attending your club will dictate the timing of your sessions. Classes could run in the evenings and end in a shared dinner or during the morning and end in a shared lunch.

Each session is designed to go for approximately 1.5 hours.

Where does the food come from for each Grow Cook Share Cooking Club?

The sourcing of food will vary to suit the needs and resources of each Cooking Club. The Grow Cook Share project will assist each Cooking Club to identify their needs and the best ways of accessing food. Each Cooking Club will be encouraged to source and use fresh and seasonal produce where possible. It will be up to each Cooking Club to decide what recipe they use that aligns to the fresh produce currently in season and what is available through Bendigo Foodshare.

Cooking Clubs may source their food (including fresh produce and staples) through the following:

- the organisation's own food garden or a partnering food garden in close proximity
- the Salvation Army Gravel Hill Garden
- Bendigo Foodshare

What equipment does a Grow Cook Share Cooking Club require?

The recipes that are recommended for the Cooking Clubs are intentionally simple and easy to prepare and use minimal equipment. This is so they can be easily replicated by the participants in their own homes.

A basic list of equipment that is recommended will be provided to each Cooking Club. The Grow Cook Share project will assist each Cooking Club to identify and purchase the additional equipment that is required. This could include; electric fry pans, pots etc. Good quality knives and chopping boards will be a priority to make for a pleasurable cooking experience.

