Food Program 2023

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| Aim | To offer and/or conduct food and cooking programmes, funding holiday activity and food providers and other organisations supporting the targets groups below. Sessions to focus on cooking on a budget and will include low-cost food and energy usage. |
| Target Group | * Holiday activity and food providers who have access to cooking facilities and can deliver the program
* Other organisations and partners who have access to cooking facilities
* Working with low-income families and free school meal children
* Working with older people
* Working with people with disabilities
* Working with individuals
* Working with young people
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| Program Ideas | * One Pot meal’s/dump dinners
* Batch cooking
* Cooking up leftovers
* Airfryer meals
* Slow cooker meals
* Soup maker meals
* Asda yellow label challenge
* Meat free meals
* Portion control
* Balancing healthy with affordable meals
* Wok one pot meals
* Families keep the equipment (airfryer etc.) and meal after the sessions.
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| Recipe ideas | Use Full Time Meals Existing holiday activity and food recipiesProvider/Partner freedom to use own recipes/ideas |
| Time of Project  | 6-8 weeks Participants need to attend 80% of sessions to qualify for the equipment provided  |
| Application  | Application process will go live on the 1st December 2022 with closing date of 16th December 2022, providers to be informed that if successful grant agreements will be issued early 2023.  |
| Evaluation  | Evaluation to be completed by all providers at the end of their program  |