

Jamie's

MINISTRY OF FOOD
LEEDS

Participants Pack

Jamie's Ministry of Food Leeds

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Firstly, **thank you** for signing up to Ministry of Food sessions, and congratulations on taking a step towards learning how to improve your cooking skills! If you know anyone who might want to come along with you, get them to give us a ring on 0800 169 4219 or 0113 242 5685 to sign up.



“For me, Ministry of Food is without doubt the most important project I've ever worked on.”

“This campaign is about changing the way we eat. We need to start cooking again to make sure our children don't grow up on a diet of processed food, at school or at home, and so they won't have to battle obesity and diet-related illnesses when they grow up. Cooking is one of the most important skills a person can have and it has been proven that families who cook together eat better. A small change in your kitchen could save the life of someone you love. We need to do something now, before it's too late.”

Jamie

KEEPING COOKING SKILLS ALIVE

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What is Ministry of Food?

Ministry of food is all about getting people cooking again. Jamie wants to prove that anyone can learn to cook – and that it's fun, cool, can save you money and help you, your family and friends to live a healthier life.

Established in June 2010 and commissioned by Public Health, (previously NHS Leeds and now Leeds City Council) Ministry of Food Leeds is a cookery training programme consisting of both one off taster sessions and a full eight week cookery course. The project is based in Leeds Kirkgate Market and has a fully working and functional domestic kitchen.

Ministry of Food Leeds operates as part of the One You Leeds service and is sub contracted by Reed Momenta, to the well-established Leeds based charity Zest Leeds. Zest have been running the project since 2010.

Each week you will learn the cooking skills and associated nutritional knowledge for different food and recipes. Making enough food for 2 servings, you will need to bring along a plastic container to take your food home in. Most sessions also include a quick demo of other recipes from the cookery trainer too!

Eight Week Course Example

Week 1

Induction, Good Hygiene, Course Content,
Eggs – One Cup Pancakes, Poached and Scrambled Eggs
(Staff Demonstration / Students to make)

Week 2

Seasonal Soup
Soda Bread
(Staff Demonstration / Students to make)

Week 3

All Rounder Stir Fry
Egg Fried Rice
(Staff Demonstration / Students to make)

Week 4

Vegetarian Chilli
Easy Flatbreads
(Staff Demonstration / Students to make)

Week 5

Proper Bloke's Sausage Fusilli
Chopped Green Salad from the 'Chopped Salad Family'
(Staff Demonstration / Students to make)

Week 6

Chicken Tikka Masala
Fluffy Brown Rice
(Staff Demonstration / Students to make)

Week 7

Beautiful Fish Stew
Seasonal Greens
(Staff Demonstration / Students to make)

Week 8

Margarita Pizza and Pizza Bianca
Evolution Tomato Salad
(Staff Demonstration / Students to make)

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Ministry of Food FAQ

What does the ministry of food provide?

We provide cooking courses for the general public of the Leeds area. Anyone 16 years and over can attend.

How long does each course run?

The course will run once a week for a total of eight weeks and each class lasts 1 ½ hours.

You will learn to prepare and cook lots of healthy affordable meals, with a chance to taste the recipes.

What can I expect from the session?

You will be taught to cook a variety of different meals by our qualified food trainers. We will start off with basic recipes, and build up to cooking more advanced dishes. You will also gain loads of handy hints and tips that will help you to become an expert in the kitchen.

When do these courses run?

We currently have courses running throughout the day, Monday to Saturdays. The courses are run in a friendly atmosphere with a great mix of recipes and people.

Times of sessions?

Our classes start at 10.30am, 12.30pm & 2.30pm. We advise people to turn up 10 minutes before the class starts. If a participant can't make a session we advise them to notify us at their earliest convenience so that they can attend a future session and not miss out on that class.

What are the costs of attending a course?

Prices:

£8 per week or full course £64

£2 per week or full course £16 for people in receipt of certain benefits or who meet our eligibility criteria

What should I bring?

If you are paying for your session on a weekly basis you MUST bring your payment for that week in order to cover the cost of ingredients for your next sessions. You must also bring along some food containers and an apron (although we can provide these if needed).

Do I need to have experience in the kitchen in order to do the course?

No. This cookery course is designed so that anyone can take part – no matter if you are an absolute beginner or just want to brush up on your skills and learn new recipe ideas.

What will I get at the end of the course?

Each person who completes the course will receive a Ministry of Food Certificate.

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What happens if I miss a session?

This is an 8 week cookery course and we hope you can attend every session in order to pick up all the cooking and nutritional skills that will help you cook any recipe in the future.

We understand that sometimes it is not possible to attend a session for whatever reason. If possible please let us know in advance by calling us on 0113 242 5685 or One You Leeds on 0800 169 4219

Please note that if you miss a session without giving us notice we will not be able to refund your money for that week, however you will receive a copy of the recipes and it will not prevent you from taking part in the rest of course.

How can make a booking?

Participants can book by contacting either Ministry of Food Leeds directly on 0113 242 5685 or One You Leeds on 0800 169 4219. A series of short questions will be asked to determine factors such as food allergies and intolerances.

Alternatively, participants may book by coming into the Ministry of Food centre directly and booking via our centre administrator.

One You Leeds operating hours are:

Monday to Friday 9am – 5pm

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Monday – Saturday 9am – 5pm

Additional Information:

Each participant will make the recipe each week with a chance to take the food home. Participants will need to remember to bring a clean plastic food box with them from the second session onwards. We do remind participants in week one about the food containers. Each week you will receive the Jamie Oliver recipes from the session alongside relevant healthy eating information.