



HEALTHY EATING ON A BUDGET PROGRAMME





The Healthy Eating on a Budget programme aims to empower people experiencing food insecurity to independently access their nutritional needs, make informed dietary choices and improve dietary behaviours, on a budget.

OBJECTIVES:

1. Support people experiencing food insecurity to build their knowledge, skills and confidence pertaining to nutrition and food preparation.
2. Develop and deliver educational content on nutrition theory and healthy eating principles on a budget.
3. Provide practical experiences of meal preparation and food handling.
4. Provide volunteering training for people experiencing food insecurity, and signposting to onward opportunities in the food sector.
5. Promote confidence and improve sense of belonging in social settings.
6. Build and sustain local community partnerships in the food sector.



STRUCTURE

PRE-SERVICE EVALUATION

Pre-service evaluation survey
Introduction to the programme
TOTAL: 2 hours

LEVEL 2 Practical Cooking

Cooking with FEAST chefs
TOTAL: 8 hours over 2- 4 sessions

FOLLOW UP & EVALUTION

Six-month follow-up period
Evaluation reporting and dissemination

LEVEL 1 Nutrition & Theory Practice

Nutrition theory and practical cooking
TOTAL: 8 hours over 2-4 sessions

LEVEL 3 Food safety Level 2 certificate

Level 2 Food Hygiene and Safety Certificate
Onward Signposting to extra community services
Evaluation Survey
Graduation
TOTAL: 3-4 hours over 1 session





Some of the topics covered include

- Food Groups and Food Labels
- Carbohydrates, Sugar and Diabetes
- Protein, Dairy and Fats
- Fruits, Vegetables and Fermented Foods



Participants will use practical skills learnt to cook a healthy, low-cost meal and practice the basics of food hygiene and health and safety skills in the kitchen.



IMPACT

Since launching in September 2023, we have successfully delivered our sessions to 57 participants in temporary homeless hostels and community centres in Camden.

Our pilot was delivered at Conway House, a temporary men-only accommodation hostel run by Sapphire Independent Housing in the London borough of Camden.

The pilot demonstrated increased knowledge and confidence in healthy eating. On completion, participants were more confident in trying new foods and using different cooking methods. These new skills contributed to increasing nutritional independence leading to improved food security.



“Everything that has been said in the course has provided knowledge and I have learnt about food and hygiene.” -

Participant

“This was the first programme of its kind to be held at Conway. The residents were so engaged and really enjoyed the whole programme. They had a great sense of achievement. Thank you [FEAST], you were all great and enabled and empowered the residents more than you imagine, thank you.”

- Linda Jones, ETE manager at Conway House.

[Read full impact report here.](#)



TASTER SESSION



We also offer one-off taster sessions. These sessions offer a succinct overview of nutrition theory from Level 1, including carbohydrates, sugar, diabetes and dietary fats.

We also provide a practical cooking session and the group dines communally at the end.



DETAILS



| Group size | Full programme (all levels) <i>Approx 23+ hours</i> | Levels 1 & 2 <i>Approx 20 hours</i> | Taster session <i>2 hours</i> |
|---|---|--|----------------------------------|
| Small <i>Up to 6 participants</i> | From £3,050 | From £2,700 | From £300 |
| Large <i>7-18 participants</i> | From £3,665 | From £2,980 | From £405 |

We will work with you and the people participating, to tailor the programme to their needs including the length of sessions, the number of weeks to complete the programme, course content, accessibility adaptations, dietary requirements, and culturally appropriate recipes. We can also provide vouchers for participants for completion of the programme. **Costs provided above are indicative and based on a 10 week programme, however they can be reduced by delivering over fewer weeks.** The final tailored programme will be based on your requirements and variations. Get in touch for a full cost breakdown.





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Healthy Eating on a Budget

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GET IN TOUCH



We are now seeking more voluntary and community sector partners and venues to deliver more healthy eating on a budget programmes to people experiencing food insecurity across London, including older people, people experiencing homelessness, asylum seekers and refugees, people with learning difficulties and people affected by mental health conditions.

Please get in touch for more information.



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WEBSITE

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Registered Charity in England and Wales. Charity number 1172884

Organisations we have delivered to since launching the programme:

