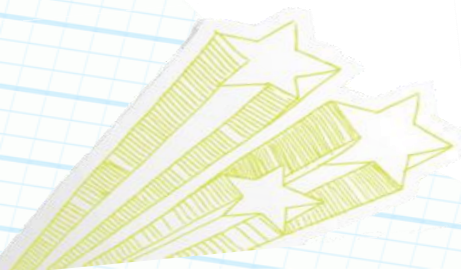




Let's Cook Together

Remote Youth and Family Project

Ballinfoyle 2020/2021





Nick Lenane
Youth Officer

Ballinfoyle Youth Development Project UBU



Marta Munoz Castro
Youth Worker

Ballinfoyle Youth Development Project UBU

supported by:



Ballinfoyle Youth Development Project UBU



Foróige is an Irish organization established in 1952, its purpose is to develop and implement a youth education programme complementary to the home, school and work to enable young people to involve themselves consciously and actively in their own development and in the development of society.



Foróige encompass the belief that not only young people are able to develop themselves – based on their needs and interests – but that the organization facilitates young people to be aware of their growth, learning and development as it occurs. This reinforces their development and enables them to engage more effectively with their communities. It also acknowledges the interconnectedness and complexity of young people's lives and those that are engaged with them to facilitate their development.



At **Foróige No.50** we encourage this development through a range of programmes and supports. A timetable full of Programmes and Drop in Clubs to hang out, include TechSpace Club, Cooking Together, Gaisce Club, Art&Music Groups, Music Generation music sessions, Citizenship Group, Bike Maintenance and Repair, Driving Theory, Career Guidance or Programmes for families who need extra support with behavior at home/school and perhaps struggling to get young people to school.



Let's Cook Together



* Collaborative Project



* Origin: multi-agency meeting



* Identified Needs

* Idea: Cooking in Clubs before / Training HFME

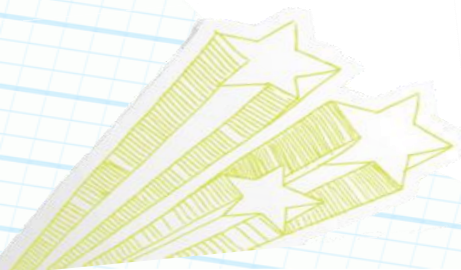
* Objectives



Support Families

Healthy Lifestyle + **Foroige's Fitness Challenge**

Informal communication **Check In Tool**





Let's Cook Together... in Numbers

4 weeks

115 families

469 bags

1 Shop (Murphy's Centra)

17 Healthy Recipes

1467 messages with families

34 different ingredients



Let's Cook Together... Recipes



Week 1: Chicken Curry

YouTube SafefoodTV

https://www.youtube.com/watch?v=f1NihKrXdI8&list=PLh7zvGChPbb0Pdl-zQz6Cp_NpCFzr9N1shy&index=15

Chicken curry

Curries are a great way of using up leftover meat

With just a few cupboard items you can treat yourself to your favourite curry in the time it takes to order and wait for one to be delivered! Great for using leftover chicken.

Ingredients - Serves 4 Adults

- 350g / 12½ oz. cooked chicken
- 5 button mushrooms
- 1 medium pepper
- 1 medium onion
- 100g / 3½ oz. of peas
- 1 large carrot
- 1 clove of garlic
- 2 desertspoons of medium curry powder
- 1 teaspoon of vegetable oil
- 1 chicken stock cube dissolved in 275ml / ½ pint of hot water
- 1 desertspoon of plain flour



Method

1. Slice vegetables and garlic
2. Heat the oil in a frying pan and gently fry the onions, carrot and garlic
3. Add mushrooms and pepper to the frying pan and cook for 2 to 3 minutes
4. Add curry powder and flour to the pan and cook for 1 minute stirring all the time
5. Stir in the stock and cooked chicken pieces
6. Add the defrosted peas, reduce heat and cook slowly for 10 minutes without stirring

Nutrition Information		
Typical Values	Per 100g	Per Portion (295g)
Energy	348kJ	1026kJ
	83kcal	244kcal
Fat	2.9g	8.5g
(of which saturates)	0.7g	2.1g
Carbohydrate	4.1g	12g
(of which sugars)	2.1g	6.2g
Fibre	1.5g	4.5g
Protein	9.4g	27.7g
Salt	0.3g	0.9g

Serves: 4 Adults

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Five a Day: 1.5 of your five a day.

Utensils Needed: Chopping Board, Chopping Knife, Frying Pan, Measuring Jug (for Liquids), Vegetable Peeler, Wooden Spoon

Ingredients

Method

Portions

Five a day portions

Preparation time

Cooking Time

Utensils Needed

YouTube Link to Safefood Channel

Nutritional Information



Comments and Feedback



In speaking with the families, all of them found the cooking programme to be very beneficial and they felt it was a great way to engage in cooking together. Many of the families spoke about how it has helped sibling's communicate better and gave them something to do together.

Many families enjoyed the variety and healthiness of the meals. Some young people didn't enjoy certain aspects of the meals, however the majority of the young people who tried a meal they hadn't tried before really enjoyed it and it is now part of their weekly menu.

It was felt that the programme came at a right time for families and it added a new dimension to the family routine, where all members of the family can get involved



Comments and Feedback

*"Thought it was great.
Fantastic the ingredients
provided"*

*"Great recipes,
and we Love the
cook book, very
easy to follow,
will use regularly"*

*"Found it good to
introduce different food
for them. Also he got
involved in cooking and
how food should be
prepared and cooked,
T.F"*

*We had a great time
cooking together!*

*"Never thought I would eat
that in my life but I'm glad I
did because... it's savage!"*

*"All the recipes
were laminated,
really handy"*



*"This was a wonderful programme during such a very
uncertain time. It was a great way of getting all the family
taking part and tasting such good food. We really
appreciated this opportunity and would love to be part of any
other programme ye are running. Thanks so much,"*

Benefits observed



- * Introducing young people to cooking skills and healthy eating habits early in life.
- * Learn new recipes for the family and new ways to cook
- * Create a sense of belonging within local community through shared interest in cooking and healthy eating.
- * Improve family relationships (siblings + parents) through working as a team in the Kitchen.
- * Staff have developed and built positive relationships with Parents and young people
- * The parents, and the young people enjoy cooking!

Our Vision

Areas for development and learning

➡ **Safefood resources (material provided):** Portion plate, kids plate, book.

➡ **The shop is essential**

➡ **Access to families: better communications and relations**

➡ **Collaborative approach**

➡ **CFI themes:** Positive influence in the eating habits
Supporting awareness around Healthy eating
Different ways of cooking

Cooking skills



Personal skills



Let's Cook Together... Getting ready



Ballydoole Community Centre Feedback Form

From Foróige Ballydoole Youth Development Project in partnership with Galway City Authority and Health Galway City, we hope you enjoyed the Programme. To know better what works in order to develop similar activities we would really appreciate your help with our participation.

On a scale from 0-10, how likely are you to recommend the following to a friend?

	Very Good	Good	OK	Good	Excellent
Week 1 Beef Chilli Con Carne	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 2 Neneh Maguire's Chicken Kebab	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 3 Bacon and Cheese Sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 4 Coffee Cake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate your impressions of the items listed below:

	Dislike	Disagree	Neutral	Agree	Strongly Agree
1. The menu met my expectations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. The hosts were easy to talk to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. The facilities are well suited.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I like the way the programme provided the ingredients.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. The materials distributed were pertinent and useful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. How do you rate the program overall?

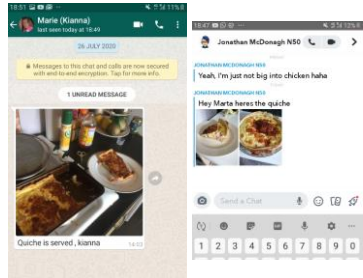
10. What aspects of the program could be improved?

11. Other comments:

This was a wonderful programme during such a very hectic time. **THANK YOU!** It was a great way of getting all the family taking part and **foróige** taking such good care, we really appreciated this opportunity and would love to be part of any other programme you are running. Thank you so much! *Ann Smith*



Let's Cook Together... Great feedback





Foróige Ballinfoyle



Instagram @ballinfoyle50foroige



Facebook @No50Ballinfoyle

Thank you!

