

GOOD FOOD TRAINING FOR LONDON

Good Food Training for London – fully funded food skills training courses for schools, hospitals, care homes and prisons



GOOD FOOD TRAINING FOR LONDON

Please refer to this table for information on venues and minimum and maximum participants

The following **fully funded** short courses are offered by the Good Food Training for London project and are aimed at those involved in the planning, production or service of public sector catering. Through training staff and parents to better understand the messages behind healthy, sustainable food and why it is important, we aim to increase the availability and uptake of healthy and sustainable meals in the public sector.

| Course | Duration | Min participant numbers | Max participant numbers |
|--|------------------------------|--------------------------|--------------------------|
| (1) Introduction to Healthy Eating A solid grounding in the principles of healthy eating – what it is, why it is important and how to use this information to help people make healthier choices. This course covers the following: <ul style="list-style-type: none"> • An understanding of the Eat Well Plate • How diet impacts on our health – both mental and physical • Practical ways to help people engage in healthy eating | 3 hours | 10 | 16 |
| (2) Healthy Eating and Nutrition: Tailor-made short course Each institution is different and there are specific issues that staff face when trying to help their clients make healthier choices. This option gives you the opportunity to consult with a trainer about these issues and from this consultation, we will tailor a course accordingly. This course can be run over 1 or 2 days or over 3 weeks. | 6 hours | 10 | 16 |
| (3) School Taster Cookery Clubs One of the best ways to engage children and adults in making healthier choices is to involve them in cooking and tasting these sorts of foods. In partnership with catering providers, we are offering a taster cookery club for parents and children to give them the opportunity to learn to cook and eat healthy, affordable food. NB: We will only run these courses with the support and commitment of the catering company and the head teacher. We would ideally like to see at least one member of staff attend course 4 below. | Five 2½ hour weekly sessions | 8 parents and 8 children | 8 parents and 8 children |
| (4) OCN Accredited Healthy Eating and Running a Cookery Club This 10-week course offers participants the opportunity to learn how to set up and run a cookery club within their sector. The course is split into 2 units: <ol style="list-style-type: none"> 1. Healthy Eating <ul style="list-style-type: none"> • Gain a full understanding of the Eat Well Plate • Understand the issues around diets high in fat, salt and sugar • Make practical recommendations for increasing the use of fruit and vegetables and decreasing the use of fat, salt and sugar • Learn how to read labels and use this information to make healthier choices 2. Running a Cookery Club <ul style="list-style-type: none"> • Understand the basic principles of working with groups • Learn to present healthy eating information in practical, informative and accessible ways • Learn to plan and deliver a healthy cookery club | Ten 3 hour weekly sessions | 10 | 16 |
| (5) CIEH Award in Healthier Foods and Special Diets, Level 2 <ul style="list-style-type: none"> • The relationship between nutrition, diet and health • The nutritional requirements of different population groups • Current policy, legislation and voluntary guidelines • The effects of food processing on nutrient content • Nutrition labelling | 6 hours | 10 | 16 |
| (6) Customer Care – Awareness and Skills <ul style="list-style-type: none"> • An insight into how better ‘customer care’ can increase uptake of meals and improve the mealtime experience of customers <i>and</i> staff • Learn about different food cultures and the significance of food choice • Understand the importance of effective communication skills and the need for empathy when dealing with a vulnerable group of people | 3 hours | 10 | 20 |

| Course | Duration | Min participant numbers | Max participant numbers | | | | | | |
|---|---|--------------------------------------|-------------------------|---------------------|-----------------------------|--|------------------------|----|----|
| (7) Food Presentation <ul style="list-style-type: none"> • Learn about the effect of colour, texture, shapes and portion size on a plate of food • Appreciate the role of expectations in serving culturally or regionally specific dishes • Learn finishing techniques such as garnishing and piping skills | 3 hours | 10 | 16 | | | | | | |
| (8) Responsible Food Procurement <ul style="list-style-type: none"> • Explore the social, financial and environmental impacts of your procurement decisions • Learn which foods can reduce the demand on your budget <i>and</i> on the environment • Practical advice on what to buy and where to buy it • The course can include a day trip to a market, farm or sustainable fishery to see your procurement in action! | 6 or 12 hours | 10 | 16 | | | | | | |
| (9) Menu Planning and Design Good menu planning is essential to provide high quality, interesting food while staying in budget and minimising food waste. <ul style="list-style-type: none"> • Planning considerations like presentation and portion size • Learn where to spend and save money on ingredients to maintain quality • Appreciate the need for <i>real</i> choice on a menu • Awareness of culturally appropriate foods, like Halal or vegetarian | 6 hours | 10 | 16 | | | | | | |
| (10) Basic Knife Skills To comply with Health and Safety procedures and to be able to prepare fresh and healthy ingredients, all cooks should learn how to maintain and handle knives safely. <ul style="list-style-type: none"> • Sharpen and store knives correctly • Select appropriate knives for the task at hand • Different cutting techniques for efficient preparation and interesting presentation | 3 hours | 10 | 16 | | | | | | |
| (11) Responsible Waste Management Waste of food, and of the energy and packaging needed to provide it, is a drain on the environment and on your budget. This short workshop highlights waste ‘hotspots’ in your kitchen or restaurant and simple ways to make small but effective changes. <ul style="list-style-type: none"> • Reduce unnecessary food waste • Specifying re-usable or returnable packaging • Water waste: key areas • Better energy management | 3 hours | 10 | 16 | | | | | | |
| (12) Essential Cooking Skills: one day courses Spend a day in our training kitchen learning or updating your cooking skills. Choose one or more from the following areas: <table border="0" style="width: 100%;"> <tr> <td>1. Soups and sauces</td> <td>4. Meat: cooking cost-efficient cuts</td> </tr> <tr> <td>2. Fresh vegetables</td> <td>5. Pulses and beans</td> </tr> <tr> <td>3. Sustainable fish cooking</td> <td></td> </tr> </table> | 1. Soups and sauces | 4. Meat: cooking cost-efficient cuts | 2. Fresh vegetables | 5. Pulses and beans | 3. Sustainable fish cooking | | Each option is 6 hours | 10 | 16 |
| 1. Soups and sauces | 4. Meat: cooking cost-efficient cuts | | | | | | | | |
| 2. Fresh vegetables | 5. Pulses and beans | | | | | | | | |
| 3. Sustainable fish cooking | | | | | | | | | |
| (13) NVQs Level 2 and above We offer the food preparation and service-related NVQs listed below at level 2, plus a range of care and voluntary sector-specific subjects, all fully funded. <ul style="list-style-type: none"> • Food Processing and Cooking • Customer Service • Multi-Skilled Hospitality Services | Please call GCDA on 020 8269 4880 or Sustain on 020 7837 1228 if you are interested in NVQs | N/A | N/A | | | | | | |

Please note: to be eligible for fully funded training, each participant MUST complete a minimum of six training hours. Venue = Local venues can be used for most training, venues for cookery clubs and other practical courses will be assessed for suitability and alternatives found if required. For more info, or to book a place, please call the GCDA on 020 8269 4880 or email claire@gcda.org.uk or Sustain on 020 7837 1228 or email pamela@sustainweb.org

Contact Details

Good Food Training for London
Greenwich CDA
2nd Floor
Forum at Greenwich
Trafalgar Road
Greenwich
London
SE10 9EQ

Claire Pritchard, Project Manager
Tel: 020 8269 4880,
Email: claire@gcda.org.uk

Lorraine Townsend, Greenwich CDA Office Manager
Tel: 020 8269 4880
Email: lorraine@gcda.org.uk

Mel Taylor, for schools and children's centres
Tel: 020 8269 4889
Email: mel@gcda.org.uk

Pamela Brunton for hospitals, care homes and prisons
Tel: 020 7837 1228
Email: pamela@sustainweb.org
Sustain, the alliance for better food and farming,
94 White Lion Street
London
N1 9PF

For further information please visit our websites:
www.gcda.org.uk and www.sustainweb.org