4 years of making a difference through food.

It's so much more than cooking...

Here's our story...





Humble beginnings...

Empower to Cook CIC, born in a single idea based on the skills of chef and teacher,

Michael Brown...



Launched October 2014 a social enterprise to reconnect people with real food





Launch survey by students identified areas of greatest need...

- Healthy eating cooking workshops
- Cooking on a budget
- Family cooking
- Basic cooking for independent living



Michael graduated from the SSE in 2015

"Social enterprises are businesses that are changing the world for the better. Like traditional businesses they aim to make a profit but it's what they do with their profits that sets them apart — reinvesting or donating them to create positive social change."



What differences are we trying to make?

Isolation

Families only eating ready-meals

Lack of self-confidence

Children who've never had the chance to cook

Children reluctant to taste new foods

We help with all sorts of challenges...

Poor physical and mental health

No money to spare – need to reduce spend on food

Not eating fruit and or vegetables

Lack of cooking confidence and skills

Bucks Free Press

25th January

REVEALED: More than 7,500 children living in poverty in Wycombe



By Stephanie Wareham | > @Stephanie_BFP Audience and Content Editor



Published Jan 2018

How do we make a difference? ___



Empowering NOT catering

"Tell me and I forget Teach me and I remember Involve me and I learn"

Benjamin Franklin



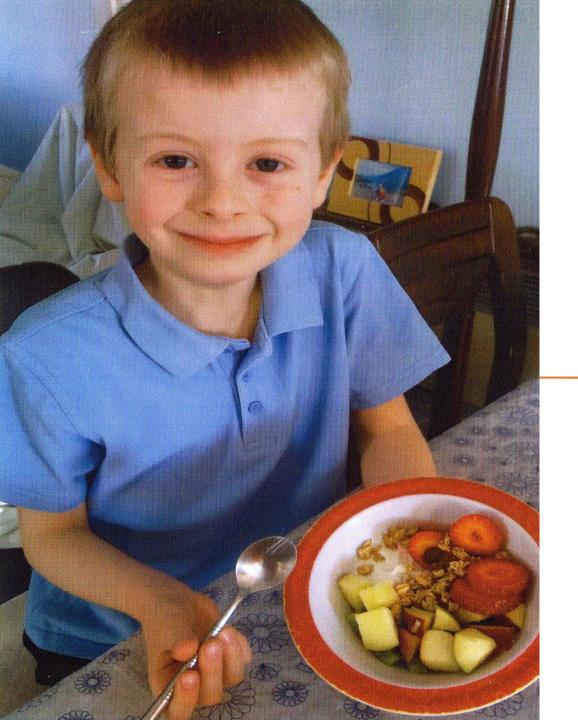
...we've learned that it's so much more than cooking...



Life skills



Confidence



Awareness of healthy foods



Trying new tastes



Stronger connections



Eating well affordably



Improving health



It's about the difference it makes to individuals...

so we'd like to share some stories...









We are proud to be working with Chiltern Wood School

"We've had a real breakthrough at home, with both children now trying more foods."

"He wants to help me cook more and we enjoy time together."



Reducing isolation, promoting activity and helping families to cook healthy meals

"It has been a wonderful experience. Loved meeting other people"

To tell you a bit more about Fit and Fed here is a video from our partners, Wycombe Wanderers
Sports and Education Trust

218 children

Classroom Kitchen Project:

Bringing healthy eating and cooking workshops to primary schools in 2018

40 workshops across 4 schools

"Has helped with eating veg more often."

Classroom Kitchen Project:
Bringing healthy eating and cooking
workshops to primary schools in 2018

"He doesn't want sugary drinks any more"

96% told us that their child is showing more of an interest in eating/drinking foods lower in sugar and/or an awareness of eating less junk foods since the programme

77% said their child was more willing to try vegetables after the lessons.











Thank you to all those who inspire and support us including...











Community GROW









Uniting social enterprise and corporate around the idea "that food can change peoples' lives for the better"



Secondment

Volunteers

Corporate workshops



Uniting social enterprise and corporate around the idea "that food can change peoples' lives for the better"

EMPOWER





"Fantastic, educational and fun! Great way to bring the team together" Sara

"Great day we have all learned a lot. Thank you!" Claudia



"Everyone got opportunity to get stuck in and involved which was great" Ralph



"Thank you for a great time. I learnt lots and happy to help such a great business".



Huge thanks to

Janssen –

a friend and partner

of social enterprise:

24 employees helped with community workshops for low income families...
85 volunteer hours

Steve Ross seconded as a Business Partner for 12 months

Over 200 volunteer hours

Advice and support from Simon White,
Hibah Rehman, Kim Marsden and Michelle Lane...
30 volunteer hours

4 Janssen team workshops run ...

- ✓ Funding supports community activities
 - √ 32 Janssen staff benefited

And, thank you all for supporting our journey



