

MADE IN HACKNEY LOCAL FOOD KITCHEN PRESENTS *WORKFORCE IN THE KITCHEN*

STAFF AWAY DAYS • TEAM BUILDING
HEALTH & WELLBEING • NEW SKILLS

*A well nourished
employee is a happy,
productive employee.*

The Made In Hackney 'Workforce in the Kitchen' programme provides the perfect solution for your staff away days. During our dynamic, hands on cookery sessions your team will bond in a unique setting while learning nutrition tips and practical cookery skills to be a well-nourished, energised, focused and happy employee. Our charity status and exemplary ethical and environmental credentials make us the ideal choice for progressive employers wanting to give back to society whilst giving to your team.



INFO@MADEINHACKNEY.ORG

020 8442 4266

WWW.MADEINHACKNEY.ORG

WHERE ARE EVENTS HELD?

Anywhere! We can host you in our award winning eco-kitchen in Hackney, one of our beautiful hub kitchens located across London, or come to your premises.

WHY GET INVOLVED?

A healthy, happy workforce is a productive workforce

UK employers lose an estimated £29 billion each year as the result of employee sick days.* And people with poor nutrition take up to 50% more sick days than those with healthier diets. They also report being less productive at work, losing an average of 2.8 hours per week, equivalent to 16 working days per year.**

Good health starts with good food. Made in Hackney can help your staff develop the skills, confidence and knowledge to start eating great to feel great.

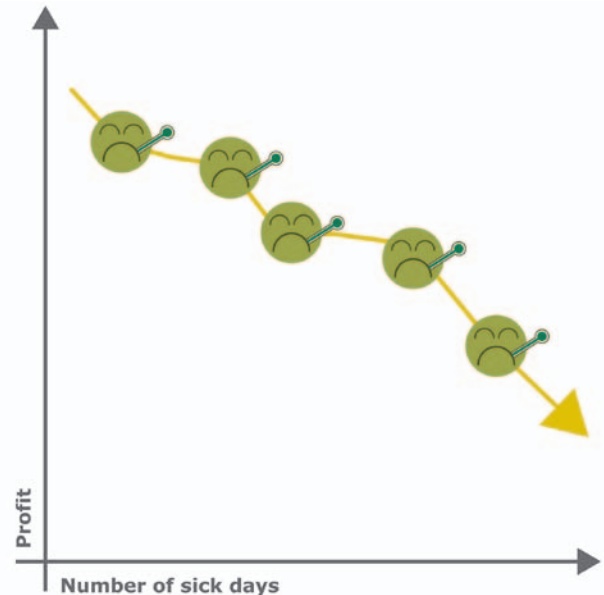
“Forward-looking companies will invest in health and wellbeing services to tackle the issue before absence starts to hit their bottom lines.”

Jon Andrews, Lead, UK Human Resources Consulting Practice, PwC

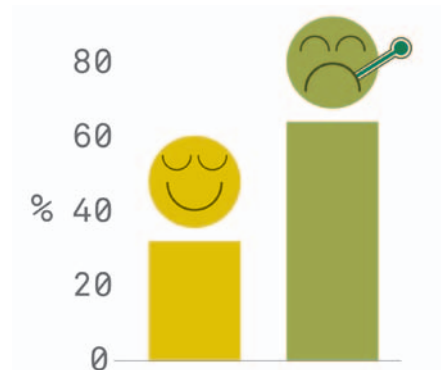
A team that plays together, stays together

There's no 'i' in the word team, but the best team activities have three – **interactive**, **informative** and **inspirational**.

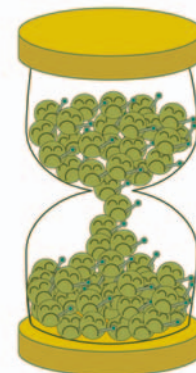
At a Made in Hackney masterclass, your team will work together, learn together and be inspired together. Everyone rolls their sleeves up, wears a fetching apron and gets up to their elbows in bread mix. Our expert teachers will help your team tap into their creative potential, refreshing old skills and discovering talents they never knew they had.



UK EMPLOYERS LOSE AN ESTIMATED £29 BILLION EACH YEAR AS THE RESULT OF EMPLOYEE SICK DAYS.



PEOPLE WITH POOR NUTRITION TAKE UP TO 50% MORE SICK DAYS THAN THOSE WITH HEALTHIER DIETS.

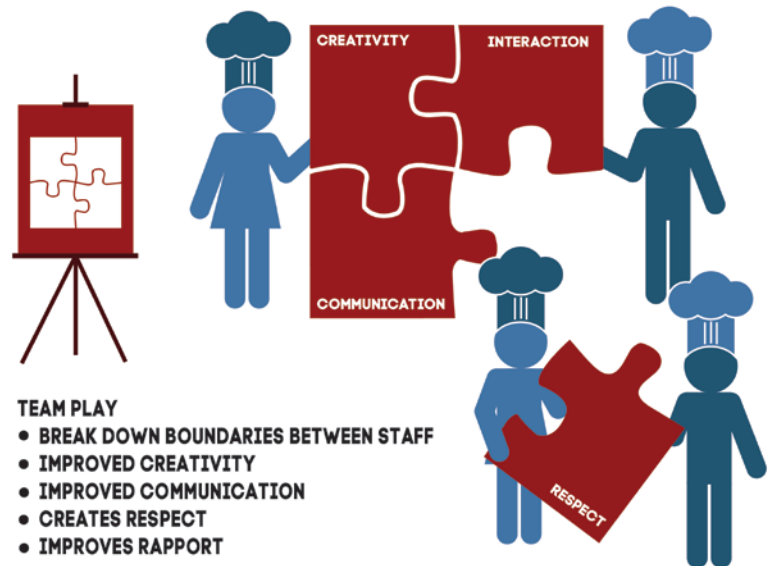


THOSE WITH A POOR DIET REPORT BEING LESS PRODUCTIVE AT WORK, LOSING AN AVERAGE OF 2.8 HOURS PER WEEK (EQUIVALENT TO 16 WORKING DAYS PER YEAR).

*2013 report by PwC. **2013 study by vielife.



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Help groups in need stay healthy and well

The heart and soul of Made In Hackney is the free community classes and courses we deliver to groups most in need. We regularly teach low-income families, young people in care, young people excluded from school, migrant groups and people with long term health problems the vital healthy eating and cookery skills for them and their families to stay well for life. Through our Workforce In The Kitchen programme we raise vital funds that allow us to keep delivering these free classes. So you're not only looking after your staff – you're helping us to improve the health and wellbeing of others who most need it.

Meet one of the groups you will be helping

Alone in London is a charity that provides services to young people who are homeless or at risk of homelessness. They are just one of the many organisations we have worked with, made possible by the income generated through our masterclasses. A group of young people from Alone in London spent the day with us on our Cooking for Life class to help them cook healthy, affordable meals as they prepare for independent living. Their support worker shared this feedback:

"You could see the difference it made in our young people. It gave them confidence, and showed them they could learn. They all seemed really proud of themselves and the meals they had produced. They also commented on how eating and cooking together was enjoyable and how they wanted to do this more as a household. One young person told me the kitchen experience had 'changed their life' – an incredible response."

"Fantastic! Perfect balance of being informative and fun."

**Stephanie Brindley,
Senior Sales Manager, Informa**

"Recipes were delicious, super nutritious and easy to replicate at home. I came away with great ideas for food to make at home and bring into work."

Charlotte Fry, HR Assistant, Informa

"Excellent team building exercise."

**Senior Public Health Practitioner,
Hackney Council**

WHAT'S ON THE MENU?

We have a diverse, award winning programme of masterclass themes to choose from led by our team of professional chefs, nutritionists, bakers, herbalists and food growers. Below are some highlights, a full list is available at www.madeinhackney.org/employers. We also offer bespoke classes for those wanting to cook up their own ideas or employees wanting to develop specific skills. Get in touch for more details.

More to lunch than sandwiches

Feel sluggish after lunch as opposed to energized and raring to go? Give your lunch a makeover with these quick, simple, energy-boosting recipes.

Bread making

Stress headache? Homemade bread not only tastes incredible but the act of baking has been proven to reduce stress and enhance mental wellbeing.



15 minute meals

No more excuses about not having enough time to cook or eat healthily. These tasty meals will nourish you fully and can be whipped up in a flash.

The ultimate curry

Tough day at the office? Put the takeaway menu down. Save yourself the expense and calories by learning to make your own healthy, delicious global curries.

Taste of Asia

Love Asian food and want to learn how to create those authentic flavours at home? Our chef will reveal the culinary secrets to your favourite Asian dishes.

Raw food

Flush out, fix up and feel fresh with these recipes for raw snacks, mains and desserts that taste better than their sugar-laden equivalents.



© Patricia Niven

Homemade cosmetics

Impress fellow commuters with the lip balm/face cream/hand lotion you're applying made lovingly by yourself from non-toxic, organic ingredients.

Urban food growing

Food growing isn't just for farmers or people with gardens. Anyone with a patio, balcony or windowsill can grow their own -and we'll show you how.

No previous cookery or food growing experience necessary

A little bit more about Made In Hackney

Made In Hackney opened in October 2012 as an educational eco-community kitchen and has since helped over 3000 people to grow, cook and eat food that is, 'good for people and planet'. We teach the health and environmental benefits of eating a local, seasonal, organic, plant-based diet and how this can be achieved within tight time and budgetary constraints.

We have provided courses to the service users of a range of national and local charities such as Kids Company, Deaf Plus, Young Stroke Survivors, Action For Children, Family Action, Off Centre, Inspire! and many more. Clients include Hackney Council Public Health, Love Food Hate Waste and The Beyond Food Foundation.

To book a Workforce In The Kitchen Team Away Day and to find out about volunteering, get in touch with us today. We'd be delighted to hear from you.

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Made In Hackney is a project of registered charity AMURT UK (327216)