



Made In Hackney Food Poverty Programme 2014-2017



451 community cooking classes

291 meaningful volunteering opportunities



785 participants attended at least one course or class

What participants told us about how the classes impacted on them...

98% now eat more healthily



99% said classes improved their general mood

Health

85% now eat less meat

93% said they felt encouraged to cook on a lower budget

83% met new people from their local area

93% felt more connected to their local area

91% now the skills to grow herbs and salad



70% learned about composting food waste



Community

66% met new people they wouldn't meet in their day-to-day life

Environment

60% have started to grow food at home or in a community garden

'I really enjoyed the vibrance the teacher brought to class. I also enjoyed meeting new people and cooking with them. I'm eating more veg than ever before. Instead of ready meals I now make my own....' Colette, class participant.



'I like the way you provide training, but you expect volunteers to use their own initiative on the day and be self-starting. It's empowering.' Josie, volunteer.

With thanks to programme funder City Bridge Trust.
www.madeinhackney.org