MADE IN HACKNEY
LOCAL FOOD KITCHEN

MADE IN HACKNEY (MIH) Year In Review 2017/18

MIH aims to help people lead healthier, happier, more connected, environmentally sustainable lives.

Health

87% now eat less processed food
90% eat more fruit and veg
90% were inspired to cook from scratch
80% inspired to consume less sugar
96% said the class encouraged them to eat more healthily

Community

325 classes and events
4033 people got involved
106 volunteers
97% volunteers said MIH improved their overall mood
86% volunteers gained skills and experience that enhanced employability
91% said the classes helped them feel more connected to their local area
91% met new people from their local area

Environment

65% felt encouraged to eat less meat
82% now know about composting food waste
63% now have the skills to grow herbs and salads
89% learnt about organic food and where to buy it

Based on data from across MIH classes 1 November 2017 to 31 October 2018.
www.madeinhackney.org