MIH helps people lead healthier, happier, more connected, environmentally sustainable lives.

355 classes and events
5,182 people got involved

Health
91% eat more fruit and veg
91% now eat less processed food
97% said the class encouraged them to eat more healthily
95% cooking skills improved
89% inspired to consume less sugar

79% volunteers gained skills and experience that enhanced employability
93% volunteers said MIH improved their mood

176 volunteers

Community
80% said the classes helped them feel more connected to their local area
75% met new people from their local area

Environment
89% now have the skills to grow herbs and salads
91% learnt about organic food and where to buy it
84% felt encouraged to eat less meat
85% now know about composting food waste

Based on data from MIH courses 1 November 2018 to 31 October 2019. www.madeinhackney.org