# MADE IN HACKNEY COMMUNITY COOKERY SCHOOL

# Made In Hackney

## A year in review 2019-2020

We help people lead healthier, happier, more connected, environmentally sustainable lives

**197** classes and events Worked with **4465** people

**48,000** meals delivered in response to Covid-19

#### **Health & Environment**

94% ate more fruit and vegetables

93% inspired to cook from scratch

98% inspired to eat more healthily



**74%** encouraged to eat less meat **82%** encouraged to eat less sugar

## **Community**



89%
participants said
the classes helped
them feel more
connected to their
local area

97% of volunteers said their experience enhanced their sense of community



**70%**participants m
et new people
from their
local
community

### **Volunteers & training**

**94%** of volunteers said the classes improved their overall mood

236 unique volunteers **62%** felt their employability had been improved

**7,565**hours of volunteering

**221** courses taken