Made in Hackney (MIH) Impact 2016

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

In 2016 2275 people took part in MIH classes.

MIH makes an impact in the following areas.

Health

Participants said MIH encouraged them to eat more healthily.

Community

Over 90% of participants said their course had inspired them to cook more from scratch.

Over 90% of participants said they felt more inspired to eat more fruit and veg.

Environment

All participants said the course encouraged them to eat less meat.

73% of participants said they have started growing food at home or in a community garden.

Based on data from across MIH classes except where indicated *Reaching Communities “Saturday Cookery Class

www.madeinhackney.org