



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



Community



Environment

Health

Participants said MIH encouraged them to eat more healthily.



Over 80% of participants felt inspired to eat less take away.



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.



Over 80% of participants said they felt inspired to eat less salt and sugar.

Community



9 out of 10 participants said they had met new people from their local area.

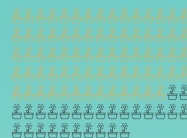


95% of participants said the classes helped them feel more connected to their local area.*

Environment



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



72% of participants felt like they found out about composting food waste.**



All participants said that they learnt more about organic food in the classes and where to buy it.*

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

www.madeinhackney.org