

Who are Sauchie Active8?

The purpose of this group is to reduce the impact of poverty, address mental and physical wellbeing issues, engage the community in lifelong learning and help improve employability skills. Group activities prior to Covid-19 included youth clubs, health and fitness programmes for all age groups, a fruit bar, a soup kitchen and a food bank. Christmas lunches and various learning programmes have been enjoyed by many adult members.



What had to change due to Covid-19?

- Prior to restrictions of Covid-19, families happily engaged and enjoyed taking part in cookery classes, which took place during summertime. The organisation supported 16 families, providing ingredients and recipe packs to encourage engagement in online cooking sessions.
- This programme was very successful and feedback from families allowed the continuation of sessions. Families were given links to the groups Facebook and YouTube channels which highlighted video links showing how to make healthy meals. Families were also encouraged to offer feedback using Zoom, as well as participating in an online survey.

How was the grant used?

- The grant provided scrapbooks and aprons for both parent and child, these were used during the virtual cooking sessions.
- 18 families took part including 34 children.
- 118 ingredient packs were distributed over a 7 week period.
- Families were asked to provide feedback to assess the needs for the next block of virtual cookery classes.



What difference has the grant made?

- The grant has helped the organisation to develop the group and make them feel part of their online community while we are all staying home.
- Families report having enjoyed the virtual cookery lessons.
- Children visibly enjoying practical cookery lessons with the encouragement and support of their parents. They are excited to start the next block.

'The cooking was fantastic, well prepared and thought out. My daughter has started writing all her fave foods and has been asking her granny for old recipes.'

'We as a family have loved the online cooking sessions. Great variety of meals to cook but most important the tutorials were fantastic. We watched these as we cooked following each step. Very easy to watch and recipes easy to follow. My kids got involved and loved the fact they were eating what they had cooked.'

'Absolutely brilliant idea to get the kids involved in cooking. My daughter always wants to cook stuff but can never find simple enough recipes for her. Can't wait to see if we get more recipes and we will jot ideas in our scrapbook.'

'Loved the apron, it's sad we can't meet up but we feel part of the group and it's great to see everyone's pics.'

