



SCHOOLS PACKAGE

“Children who learn to cook are hungrier for healthier choices” – Jamie Oliver

We believe that by educating children about food in a fun and engaging way we can equip them with the basic skills they need to lead healthier, happier lives, for themselves and their future families.

We invite schools to attend our eight-week cooking programme, while shorter programmes are also available. This offer is also open to pupils, parents and teachers, so why not cook together? We can come to your school and deliver a one-off talk around a specific curriculum subject or let us know about your future cookery projects. We can help to train your teaching staff as well as deliver classes both at school or in our fully equipped kitchen.

Other great recourses for schools.....

We provide Health Improvement Courses and Level 2 Food Safety courses.

We work alongside Jamie Oliver’s Kitchen Garden Project and Jamie’s Home Cooking Skills.

Follow these links to find out more:

www.jamieoliverfoodfoundation.org.uk

www.jamieshomecookingskills.com

COMMUNITY EVENTS

Are you holding an event?

Why not invite the Ministry of Food to your event? If outdoors we provide an attractive Ministry of Food gazebo complete with all our own equipment.

Our trained staff encourage audience participation and are great at engaging with people of all ages.

Please contact us for a quote and check our availability.

**So, what’s holding you back?
We’d love to cook with you.**

**Give us a call on 01274 435279
and book your place.**



**The wording in this publication can
be made available in other formats
such as large print.
Please call 01274 435279.**

Check out our website:

www.bradford.gov.uk/ministryoffood

Email: ministryoffood@bradford.gov.uk

  **Join us!**

 **01274 435279**

**Come in and see us at
29 John Street,
Bradford, BD1 3JS**

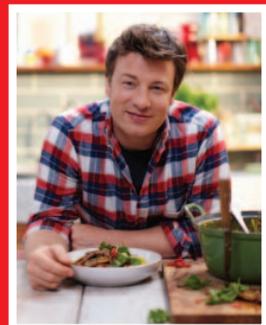
JAMIE OLIVER
FOOD
FOUNDATION

Jamie's
**MINISTRY
OF FOOD**
BRADFORD



**“Cooking is one of the most
important things we can ever
learn in life, and with the
right sort of information and
teaching absolutely anyone
can cook. It’s wonderful, it’s
fun and once you know how,
you’ve got control over your
life and health”**

Jamie Oliver



KEEPING COOKING SKILLS ALIVE

 **01274 435279**



City of Bradford MDC
www.bradford.gov.uk

The Ministry of Food centre on John Street, Bradford is a fantastic food hub where community groups and local people can get hands-on experience and friendly advice on cooking skills, nutrition and money saving tips. This community-based cooking programme gives people of all ages the confidence to cook from scratch and make better food choices for a healthier life. Our aim is to inspire people to get back into the kitchen cooking tasty, fresh food for themselves and their families.

Once you are signed onto an eight week course, you will meet at the same time each week and learn a different recipe during each visit. Groups are usually between 6 – 8 people and are good fun with a 'no pressure' approach. The team is passionate about cooking and your cooking confidence will increase with each visit. You will even get to take your creations home to share with your family!

By the end of the course you will have learnt some great skills and over 12 fantastic recipes, with a new found passion to follow in Jamie's footsteps in the kitchen!

The centre is fully equipped for disabled access



WHAT CAN WE OFFER YOU?

A fantastic 8 week cooking programme

Our fantastic eight-week cooking programme is available for groups of up to 10 people, from eight years upwards. Whether you're an absolute beginner or a more adventurous cook, whether you belong to an organisation, a community group, a school or university, or you're simply a member of the public, you're welcome.

Lessons last around 1½ hours and we provide all ingredients for a small fee. At the end of each session, you can take home a delicious dish that you cooked yourself! See below for a taster of what you can expect.

This is just a small selection of the exciting recipes that you can learn . . .



WEEK 1 Introduction to the centre and The Balanced Plate

Poached eggs and omelettes

WEEK 2 Chicken, the five food groups and knife skills

Posh Chicken Posh chicken with greens or chicken fajitas with guacamole and salsa

WEEK 3 Soup, seasonal varieties and understanding salt

Tomato, lentil and spinach, pea and mint, superb squash or minestrone soup

WEEK 4 Meat, saturated fats and protein

Meatballs with quick tomato sauce and salad or cracking burgers with Caesar salad.

WEEK 5 Fish and the difference between good and bad fats

Moroccan fish stew or teriyaki-glazed salmon

WEEK 6 Veggies, five-a-day and the importance of wholegrains

Vegetable chilli and wholegrain rice or tomato and basil or pea and herb risotto

WEEK 7 Pizza and portion sizes

Basic pizza dough

WEEK 8 Treat week and understanding sugar

Fruit scones with berry compote or stewed fruit crumble

A BESPOKE COOKING PACKAGE

A fun tasty encounter, using some fresh locally sourced ingredients. The perfect venue to host a team building event or birthday celebration. Whether it is a small team of employees, family or friends this workshop will be tailored to your needs.

The workshops last between 1½ hours to a ½ day starting from £10 per person.

There's honestly no better team activity than cooking and eating a great meal together