



Jamie's

**MINISTRY
OF FOOD**



Participants Pack

Food Nation,

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Firstly, **thank you** for signing up to Ministry of Food sessions, and congratulations on taking a step towards learning how to improve your cooking skills! If you know anyone who might want to come along with you, get them to give us a ring on 0191 276 0595 to sign up.



“For me, Ministry of Food is without doubt the most important project I've ever worked on.”

“This campaign is about changing the way we eat. We need to start cooking again, to make sure our children don't grow up on a diet of processed food, at school or at home, and so they won't have to battle obesity and diet-related illnesses when they grow up. Cooking is one of the most important skills a person can have and it has been proven that families who cook together eat better. A small change in your kitchen could save the life of someone you love. We need to do something now, before it's too late.”

Jonnie



What is Ministry of Food?

Ministry of Food is all about getting people cooking again. Jamie wants to prove that anyone can learn to cook – and that it's fun, cool, can save you money and help you, your family and friends to live a healthier life.

Food Nation is a Community-Interest-Company working in partnership with The Jamie Oliver Food Foundation to deliver cookery courses. Food Nation has been delivering Ministry of Food cookery courses since October 2010 and continues to work towards inspiring people of all ages and abilities about food, nutrition and health.

The 8-week Cookery Course

Each week you will learn cooking skills and nutritional knowledge for different food and recipes. Making enough food for 2 servings you will need to bring along a plastic container to take your food home in. Most sessions include a quick demo from the trainer too!

Week 1: Learn the perfect chopping techniques! *(Allergens: Wheat, Gluten, Celery, Dairy)*

Cook: Superb Squash Soup with Parmesan Croutons

Week 2: Breakfast! *(Allergens: Wheat, Gluten, Eggs, Dairy)*

Cook: Mexican Breakfast

Demo: The Perfect Scrambled Egg and Omelette

Week 3: All about chicken *(Allergens: Wheat, Gluten, Dairy)*

Cook: Chicken Fajitas with Tomato Salsa & Guacamole

Week 4: All about preparing meat! *(Allergens: Wheat, Gluten, Dairy, Sulphites)*

Cook: Proper Blokes Sausage Fusilli

Demo: Chopped Salad & Dressing

Week 5: Fish and Fats! *(Allergens: Sesame, Soy, Wheat, Gluten, Dairy, Fish, Peanuts, Nuts, Mustard)*

Cook: Quick Salmon Tikka with a Cucumber Yoghurt Dressing

Demo: Homemade Curry Pastes

Demo: Cucumber Ribbon Salad

Week 6: Tips and tricks for making your own bread *(Allergens: Wheat, Gluten, Dairy, Mustard, Celery, Wheat)*

Cook: Basic Pizza dough with a basic tomato sauce

Demo: Seasonal Veg Coleslaw

Week 7: Importance of veggie, whole grains and spices *(Allergens:)*

Cook: Vegetarian Chilli

Demo: Perfect Brown Rice!

Week 8: A well balanced plate! *(Allergens: Wheat, Gluten, Eggs, Nuts, Celery, Fish, Crustaceans)*

Cook: Chicken, Sausage and Prawn Jambalaya

Demo: Carrot Cake

Ministry of Food sessions FAQ



How long will the course run?

The course will run once a week for a total of 8 weeks.

How long will the sessions last?

Each session will last 1 1/2 hours, and you will usually learn to cook two dishes. All food cooked by yourself can be taken home.

What can I expect from the sessions?

You will be taught to cook a variety of different meals by our qualified Food Trainers. We will start off with basic recipes, and build up to cooking more advanced dishes. You will also gain loads of handy hints and tips that will help you to become an expert in the kitchen.

What should I bring?

If you are **paying for your sessions on a weekly basis you MUST bring along payment of £10 (£6 concessionary) each week** in order to cover the cost of ingredients for your next session. You **MUST also bring along some food tubs each week** so that you can take home what you've made.

Do I need to have experience in the kitchen on order to do the course?

No. This cookery course is designed so that anyone can take part - no matter if you are an absolute beginner or just want to brush up on your skills and learn new recipe ideas.

What will I get at the end of the course?

Each person who completes the course will receive a Ministry of Food Certificate

What happens if I miss a session?

This is an 8 week cookery course and **we hope you can attend every session** in order to pick up all the cooking and nutritional skills that will help you to cook any recipe in the future.

We understand that sometimes it is not possible to attend a session for whatever reason. If possible please let us know at least 48 hours in advance by ringing us on 0191 276 0595.

Please note that if you miss a session without giving us notice we will not be able to refund your money for that week, however you will receive a copy of the recipes and it will not prevent you from taking part in the rest of the course.

If you have any other questions please feel free to email us on info@foodnation.org or ring us on 0191 276 0595.