

Free family cookery classes for the summer holidays

Groups of children and parents are tucking into a feast of free cookery classes at venues across Edinburgh this month and next as part of a programme of activities to help families during the school holidays.

Run jointly by the Council alongside fellow Edible Edinburgh members Edinburgh Community Food, the fun and interactive lessons get kids and their grown-ups stuck into preparing a wide range of fresh, healthy, affordable and delicious recipes.

The classes are delivered as part of the Discover! programme, which offers a range of free activities during the summer holiday period, from day-trips, films and science workshops to sports, music, storytelling and arts and crafts.

Meals and transport are provided for children and their families, and there is support and advice available for parents. Around 300 children and adults have taken part since early July and places are still available for sessions up to early/mid-August.

Councillor George Gordon, Chair of Edible Edinburgh and a former professional chef, paid a visit to a children's cookery class at St David's RC Primary School this week and demonstrated his culinary expertise by helping the kids make some fresh hummus.



Former Chef, Cllr. George Gordon helping to eat the hummus he helped to prepare.

He said: "It's a wee while since I've had my chef's whites on in a professional kitchen but what a treat to be able to introduce the families to simple, nutritious and tasty recipes they can enjoy making together at home. We had great fun making the hummus and it was fantastic to see the huge enthusiasm from all the kids and parents as they cut up tomatoes for fresh salsa and prepared some delicious tuna wraps.

"These cookery classes are a brilliant way to tackle holiday hunger and help families have fun making easy, healthy and inexpensive meals together. This excellent programme is part

of the diverse range of work being undertaken by the Council, our partners and the third sector to tackle food insecurity and improve child health and wellbeing across the city.”

Lesley Curtis, Food & Health Development Worker at Edinburgh Community Food, said: “The Discover! cooking sessions are very popular with children and families across the city. The classes are always full and both children and parents seem to really enjoy them.

“The sessions involve making meals from scratch and participants particularly enjoy cooking together as a family. Our Take & Make DIY Meal Kits are always popular with families who are keen to learn how to make quick, nutritious meals on a budget.

“This summer, we have also included cooking skills sessions for the younger children and so far these have been well received. Participants are able to take home the food they have prepared together with the recipes so they can make them again at home. It is fantastic to see such continued enthusiasm for cooking from young children and their parents.”



Former Chef, Cllr. George Gordon helping to prepare a meal St David's RC Primary School