



# Grow It Cook It Eat It

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There are two main elements to this project, the growing and the cooking

## GROW IT

- Setting up community growing sites across the county
- Located in areas with higher levels of deprivation.
- 4 community growing sites active in Aylesbury, Chesham and High Wycombe
- New site being developed in Iver and scoping a potential site in the Buckingham area.
- Sites will have a dedicated Expert Gardener assigned to set up the growing site
- Community will be supported to take ownership of the site in the long term



For more information visit: [Grow It Cook It Eat It \(www.healthandwellbeingbucks.org\)](http://www.healthandwellbeingbucks.org)

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## Cook it

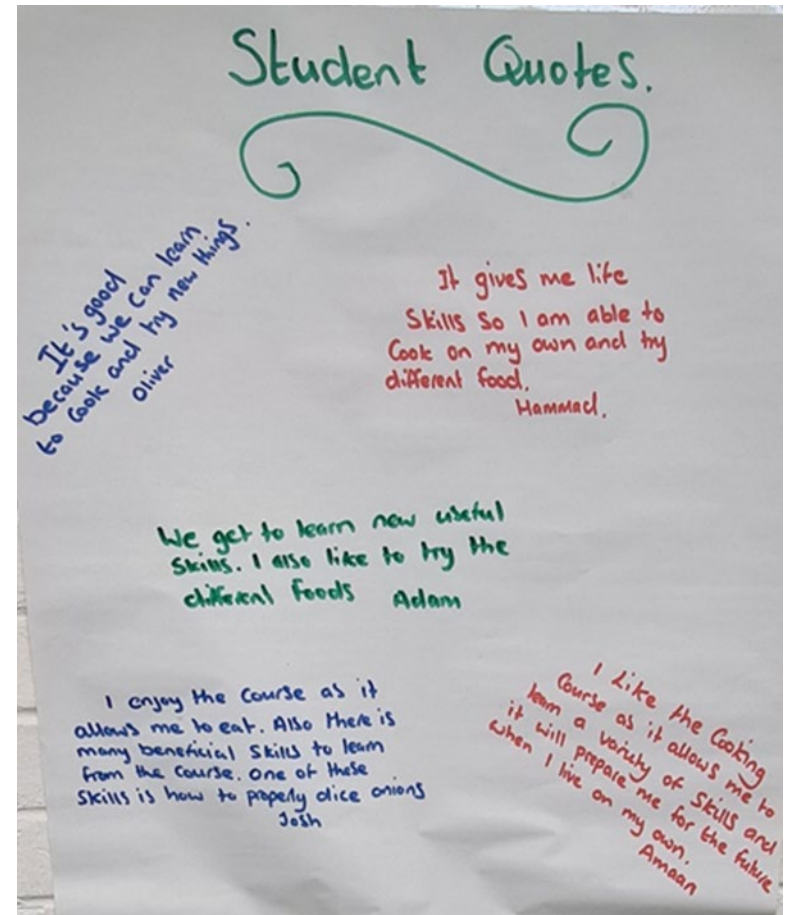
- Increase the cooking/food knowledge and skills of key target groups
- Utilising a train the trainer approach.
- Empower participants to make the best use of products
- Inspire and introduce participants to visit community growing sites and growing their own.
- Provide the participants with knowledge of how to use and access surplus food.
- Course to be offered in a number of community settings.



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## Eat it

- The 5<sup>th</sup> week of the session is a celebratory session
- Participants make their own recipe/dish to be shared in the session – sit together to eat
- We encourage participants and volunteer cookery tutors to share their own/family recipes
- The recipes will be available and shared online via a community cookery book.
- Links/intros to community growing sites – to access surplus food



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## Next Steps

- Next Train the Trainer session: 24<sup>th</sup> & 25<sup>th</sup> May 2022
- Trainers do not need to have previous experience
- Ideally volunteer cookery tutors will have links to a cohort or ideas of groups they can work with
- Scoping community Venues
- Launching the online cookery book & support resources
- Identify Community Champion Growers to lead the community growing sites