



Let's get **cooking**
AT WORK

Train the Trainer (Workplace Champions)

Our Royal Society for Public Health (RSPH) accredited train the trainer model is a two day, tried-and-tested training course that makes sure staff are confident in teaching individuals how to cook.

This could be used to train Workplace Champions who then run cooking sessions with, or for, colleagues.

Day one: Workplace Champions training

Key outcomes of the course are:

- Understanding how to set up and run successful healthy cooking sessions at work
- Developing safe food preparation and handling skills
- Increasing awareness of food safety and hygiene
- Experiencing different approaches to demonstrating cookery skills and managing cooking groups
- Understanding the basics of a healthy diet
- Understanding how to eat portions and quantities of food appropriate to individual lifestyles
- Increasing knowledge of how to cook and adapt recipes for a healthy diet and on a budget
- Understanding how to run community food and cooking events.

This training is tailored to the requirements and experience of participants and Let's Get Cooking at Work staff will work closely with the organisation to identify specific needs and design the content of the training.

Day two: Follow-up training day

We'll deliver a follow-up training day for those who have attended the Workplace Champions training course. This will take place around 3-6 months after the initial training day. Sessions plans would take into account feedback from delegates and would usually include:

- Sharing successes and good practice
- Food hygiene and safety
- Adapting recipes to make them healthier.

Design your own training

For organisations who just want elements of the above we can adapt our package to train Workplace Champions in different areas of expertise. Champions can take back what they have learned and cascade through the organisation so everyone can improve their eating habits. Workshops can increase participants' understanding of eating well and provide time to share ideas and look at ways of engaging and encouraging others in the workplace. Practical tips for making better choices for breakfast, lunches and snacks during the working day can be included, as well as techniques to support colleagues to change eating habits; along with hands on cooking workshops.

Our packages:

1. Corporate team building
2. Workplace health and wellbeing
3. Train the trainer
4. Employee volunteering services



For more information or to plan your activity, contact:

www.letsgetcookingcic.org.uk
info@letsgetcookingcic.org.uk | 0114 2996901

Let's Get Cooking Community Interest Company, 3rd Floor, 1 East Parade, Sheffield, S1 2ET

Let's Get Cooking CIC (Community Interest Company) is the trading subsidiary of the Children's Food Trust charity. All profits generated go back into supporting the Children's Food Trust, a national charity on a mission to get every child eating well. By working with us you can contribute to supporting programmes which help children eat better and so do better. Good food can have a massive impact on children's health and their lives.