



Cooking up Confidence at St Pauls C of E Primary

As a proud Food for Life School, St Pauls Primary C of E in Oswaldtwistle, Lancashire, has been leading the way in transforming food culture across the school. Through creative lessons woven into the curriculum, teachers inspire pupils to appreciate the farm-to-fork journey, embrace sustainability and develop long-lasting healthy eating habits.

Seeing the impact that these Science, Geography, Religious Education and Design Technology lessons were having; and inspired by the Food for Life schools award framework, Mr. Gane wanted to take this mission beyond the school gates, by inviting parents in to join an after-school cooking club where families could learn simple, nutritious recipes and experience the joys of cooking and eating together.

With the support of the Food for Life team, Mr. Gane created detailed cooking plans that were full of engaging activities and creative ways to share his passion for building a positive food culture. But with the high cost of cooking equipment, turning this vision into a reality was a challenge.

Recognising the true enthusiasm and commitment behind this goal, the Food for Life team awarded St Paul's Primary a 'bite-sized' grant. A grant dedicated to enabling passionate schools to inspire healthier and more sustainable food habits and funded by the Earthsong Foundation. Thanks to this support, the school has invested in cooking hobs and essential kitchen equipment which has meant that the cooking club can finally launch. Now, families are coming together weekly to learn new skills and recipes, boosting confidence in the kitchen and allowing healthy habits to develop at home:

"I'm not confident with cooking so coming here and learning with my children has not only been fun together but **I now feel able to try new recipes."**

Cooking Club Parent





"We all have our jobs, I chop, my sister uses the hob to cook and **my mum helps both of us. It's fun being together cooking.**"

Year 4 Pupil

Mr. Gane is delighted to see his vision come to life, and even more thrilled by the incredible turnout, as families connect, share experiences, and strengthen the sense of community.

"Seeing the children and parents not only **cooking healthy food together** but also **spending time enjoying each other's company whilst cooking** is really fulfilling."

Mr. Gane, Teacher

A foundational element of the work we do within Food for Life is our whole school approach, which not only focuses on the food in the dining room, but transforming the understanding of food and the culture of food across the school, and beyond the school gates. With the dedication and hard work of St Pauls Primary, and the partnership that we have with the Earthsong Foundation, we've seen what can be achieved when bringing families together to connect through cooking. As well as this, pupils have been given the chance to enjoy hands-on cooking experiences as part of their every day lessons, embedding practical skills and a love of good food at the heart of school life.

