

Inn Churches Cooking

We are passionate about teaching people of all ages about food, and believe that cooking is a great way to develop confidence and skills.

We aim to empower, educate and inspire you to cook great-tasting healthy food, helping you to:

- Stay safe in the kitchen
- Learn a range of different cooking methods
- Improve cookery skills
- Maintain a healthy balanced lifestyle

...all whilst having fun and meeting new friends.

All of our classes can be delivered in schools or community venues, or in our fully-equipped Jude's Urban Kitchen in Bradford city centre. We provide all equipment and ingredients, and as well as learning essential cooking skills and techniques, you will take home a tasty dish at the end of each session.

"Watching my children eat food they would normally say 'no' to."



What we do

Kids' cooking classes

We run regular cooking classes for kids during the school holidays, to inspire kids about cooking and healthy eating.

Each workshop lasts around two hours and teaches a single recipe, with kids learning about food and cooking, and taking home their delicious finished dish to share with the family.

Where funding allows we offer subsidised places to those eligible for free school meals.

School and college workshops

We'd love to give your teaching staff a helping hand with any food-related topic, whether it's a one-off talk around a specific curriculum subject, or a hands-on workshop for pupils and parents.

We can also provide training for teachers to deliver their own classes.

"We look forward to many more cooking adventures with you."

"Cooking is one of the most important things we can ever learn in life, and with the right sort of information and teaching absolutely anyone can cook. It's wonderful, it's fun and once you know how, you've got control over your life and health."

Jamie Oliver

"A newfound skill and passion for cooking has been developed in an eight year old who has never used a knife in the kitchen nor been near the cooker."



Workshops and away days

We can run bespoke community workshops or courses for kids or adults (or both).

We are experienced at tailoring classes to your requirements, including working with mixed ability groups or those with additional needs.

Our classes also make an excellent team away day, teaching skills and knowledge and building positive relationships and working practices.

After a fun session cooking up a tasty and healthy dish, you can sit down and enjoy the fruits of your labours together.

CIEH food safety training

We offer CIEH accredited food safety training at:

- level 1 (Introduction, ideal for schools or community groups)
- level 2 (Foundation) or 3 (Intermediate).

We can also run courses and training sessions in all aspects of nutrition.

Bespoke catering

We can cater for your formal dinner, community event, birthday, working lunch, afternoon tea or other event. We also have catered meeting or event space at Jude's Urban Kitchen or The Storehouse.



Jamie's Ministry of Food

The Ministry of Food eight-week cooking programme is for absolute beginners to more adventurous cooks of any age.

- 8 1½-hour sessions
- Groups of 6-8
- Join as a group or individually

We will provide all the ingredients and equipment, and at the end of each session you will take home a delicious dish you cooked yourself.

Sessions are fun, with a 'no pressure' approach. We are passionate about cooking and your confidence will increase with each visit.

By the end you will have learnt some great skills and fantastic recipes, and had a lot of fun!



Menu

Week 1: introduction

The balanced plate

Week 2: chicken

The five food groups, knife skills

Week 3: soup

Understanding salt, reading labels

Week 4: meat

Saturated fat and protein

Week 5: fish

Good and bad fats

Week 6: veggies

Five-a-day and the importance of wholegrains

Week 7: pizza

Portion sizes

Week 8: baking

Understanding sugar

"Children who learn to cook are hungrier for healthier choices."

Jamie Oliver



Inn Churches Cooking gives people of all ages confidence to cook from scratch and make good food choices on any budget. We teach cooking and eating well on any budget, through hands-on cooking experience and friendly advice on recipes, ingredients, shopping, nutrition and local or seasonal food.

So what's holding you back? We'd love to cook with you! Get in touch now.

We're part of Inn Churches, a charity providing practical support for those that need it most.



Inn Churches Cooking

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