



# Get Set Cook

With Somerset Community Food

We have taught thousands of people to prepare and cook healthy meals since 2001. Our training has consistently inspired people to put their learning into practice in their everyday shopping and cooking.

*'The recipes and techniques have given me a way to understand the process of cooking, so improved my confidence and independence....I have never been able to put together a meal before, but now I have even made dinner for myself and my partner! Thank you!'*

Get Set Cook Participant

## What is Get Set Cook?

We run a 12-hour course with the aim to inspire and equip people to prepare nutritious, economical meals. The sessions involve practical cookery as well as the use of effective teaching resources to introduce the basics of nutrition, food hygiene and budgeting. We also offer one-off Get Set Cook workshops and training tailored for your group.

The broad aims of Get Set Cook are to help participants:

- Develop their knowledge, skills and confidence to buy, prepare and cook healthy meals
- Create simple enjoyable meals using affordable ingredients
- Engage in practical cooking activities
- Learn about what constitutes a nutritious meal
- Become enthusiastic about cooking using a range of ingredients and techniques

The course will typically cover / include:

- Practical cooking tips and activities
- Techniques to prepare fresh food safely
- Eating healthily on a budget
- Adapting recipes to suit individual needs
- Enjoying a balanced diet for good health

## Who can take part?

Somerset Community Food works with diverse groups across Somerset and can offer one-to-one support. We have worked successfully with residents' groups, people recovering from mental health difficulties, weight-loss groups and young people leaving care. We aim to make a difference for those who will benefit the most from Get Set Cook involvement, especially in areas of greatest need.

## Where?

We come to you to run a course or workshop in a local venue and have worked in a range of settings such as community, youth and children's centres and sheltered accommodation kitchens. We have a county-wide network of passionate, skilled and experienced trainers. After discussing your needs we introduce the best tutor for your group.

## Get in touch:

Funding may be available to support your group, contact us discuss your needs: **0300 365 0360**  
[info@somersetcommunityfood.org.uk](mailto:info@somersetcommunityfood.org.uk)



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[www.somersetcommunityfood.org.uk](http://www.somersetcommunityfood.org.uk)