

Tips On Setting Up An Afterschool Cooking Club Webinar



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Eatwell Project Introduction

- ▶ Niki Andrews- Eatwell Project Lead
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- ▶ The Eatwell Project
- ▶ Since 2016 The Eatwell project has been part of Let's Dine which delivers school lunches to most of the primary and special schools and some secondary schools in the borough of Telford & Wrekin. The Eatwell project not only supports schools but the community as well, this is funded by Family Hubs.

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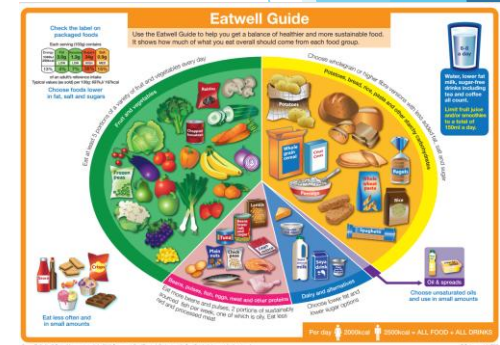
This session will cover key tips for setting up a club, recipes you can use and funding opportunities that may be available to you.



Afterschool cooking clubs are a great way to expand opportunities for your pupils to learn key cooking skills.

Why Start a Cooking Club?

- ▶ Encourage healthy eating habits - Plan balanced meals using the Eatwell Guide
- ▶ Read and understand food labels – Use traffic light labelling
- ▶ Teach practical life skills – Cutting, grating etc.
- ▶ Helps with mathematics (measuring), science (melting and mixing), literacy (reading recipes) and fine motor skills
- ▶ Store and prepare food safely – Temperature control
- ▶ Build confidence and independence
- ▶ Promote creativity and teamwork
- ▶ To have fun
- ▶ Awareness of what foods are in season, but being aware that alternatives are still healthy (frozen, tinned & dried)
- ▶ Sample new foods



Top Tip: Find out what the children hope to achieve by taking part - Maybe use a post-it board?

Cooking Club Planning

- ▶ **Funding and Fees:** Explore available school funding or introduce a small charge to cover ingredients costs. Ensure the activity remains accessible and inclusive for all pupils.
- ▶ **Staffing and Support:** Recruit school staff, parent/carer volunteers or local community members to help with shopping, supervision and cleaning. Could shopping could be online?
- ▶ **Safety and Compliance:** Obtain necessary DBS checks for all helpers. Conduct risk assessments and establish safety protocols (allergy management, hygiene).
- ▶ **Venue:** Use a classroom with a sink and portable equipment (e.g. induction hobs) or food technology room, if available. Does the venue have plenty of workable electric sockets?
- ▶ **Timings:** Weekly? Length of session?
- ▶ **Staff Ratio:** Age-appropriate ratio of staff to children.
- ▶ **Equipment:** Current availability and what to purchase.

Staff and Volunteer Food Safety Training

- ▶ **Food Standards Agency Food allergy and intolerance** online training: [Home | FSA Food Allergy Training](#)
- ▶ **Qualsafe Food Safety awards for Catering** for those managing cooking clubs and the volunteers, for ensuring overall food safety compliance. Chargeable training opportunities available through Let's Dine for adults and children.
- ▶ **Understanding the Eatwell Guide.** Link to webinar: [The NHS Eatwell Guide –](#)
- ▶ **EYFS Nutrition Guidance:** [Early Years Foundation Stage nutrition guidance](#)
- ▶ **School Food Standards:** [School-Food-Standards-Guidance-FINAL-V3.pdf](#)

Food Preparation and Cooking Equipment

- ▶ Chopping boards - colour-coded if possible: (Red – Raw meat, Blue – Raw fish and seafood, Yellow - Cooked meats, Green – Fruit and vegetables, Brown- Vegetables that need to be washed/peeled, White- Dairy, bakery and ready-to-eat foods, Purple – Allergens)
- ▶ Sharp knives- to be stored safely
- ▶ Peelers
- ▶ Graters
- ▶ Plastic Mixing bowls -various sizes
- ▶ Measuring spoons
- ▶ Measuring jugs
- ▶ Weighing scales
- ▶ Colanders/sieves
- ▶ Scissors
- ▶ Rolling pins
- ▶ Melamine spoons
- ▶ Spatulas
- ▶ Induction hobs, portable electric hobs, or school oven. No- cook recipes if unavailable.
- ▶ Frying pans/saucepans/lids
- ▶ Baking trays/muffin trays/oven proof dishes
- ▶ Kettle- for boiling water safely
- ▶ Hand blender



Utensils and Serving Equipment

Utensils:

- ▶ Slotted spoons
- ▶ Ladles
- ▶ Tin opener
- ▶ Pastry brushes
- ▶ Garlic press
- ▶ Thermometer - for checking food is properly cooked, which needs to be calibrated weekly

Serving Equipment:

- ▶ Serving tongs
- ▶ Plates/bowls
- ▶ Cutlery
- ▶ Cups
- ▶ Water jug
- ▶ Storage tubs (pupils to provide for transporting food home)

Health and Safety Equipment and Classroom Essentials

Health and Safety Equipment:

- ▶ Hand soap
- ▶ Paper towels
- ▶ Antibacterial spray and jay cloths
- ▶ Washing up liquid/dishwasher tablets
- ▶ Aprons
- ▶ Tea towels
- ▶ Oven gloves
- ▶ First aid kit and if there is a qualified first aider on-site?
- ▶ Access to fridge/freezer, temperature controlled daily

Classroom Essentials:

- ▶ Sink access with hot (hot enough to wash up with, or alternatives) and cold (potable) water
- ▶ Suitable portable tables or clean workspaces at the correct height for children
- ▶ Plenty of working sockets and power extension leads where appropriate
- ▶ Rubbish bins (lidded if possible)

Running the Club Smoothly

Top Tips:

- ▶ Plan sessions in advance
- ▶ Allow plenty of time to source the ingredients
- ▶ Choose foods that are lower in fat, sugar and salt where possible
- ▶ Try to opt for foods that are in season
- ▶ Avoid recipes that use expensive ingredients or are complicated.
- ▶ Using vegetarian ingredients for less cross-contamination.
- ▶ Collect allergy and dietary information in advance.
- ▶ Plan adaptable recipes (e.g. gluten-free wraps, dairy-free cheese).
- ▶ Keep allergens stored separately.
- ▶ Prepare ingredients beforehand. Pre-chop tricky ingredients.
- ▶ Layout equipment at each workstation. Have bowls, utensils etc. ready.
- ▶ Reinforce safety rules every session
- ▶ Keep groups small and supervised.
- ▶ Run activities that develop co-operation and teamwork
- ▶ Display visual instructions
- ▶ Allow time for tasting and reviewing
- ▶ Children provided with recipe cards to take home/recipe is published in school newsletter or school social media. Safe storage instructions to be provided.

Skills to Teach:

- ▶ Washing and preparing ingredients
- ▶ Safe cutting, peeling and grating techniques
- ▶ Measuring and weighing food
- ▶ Mixing and kneading
- ▶ Basic cooking methods (baking, boiling)
- ▶ Cleaning and food hygiene (including handwashing)
- ▶ Teamwork and sharing tasks

Cooking and nutrition - KS2 Design and Technology - BBC Bitesize



Measuring different ingredients

Discover the best piece of equipment to measure different ingredients.



Slicing and cutting safely

Learn how to slice foods safely using the bridge hold, claw grip and fork secure method.



Peeling and grating safely

Learn what peelers and graters are, what types of food they are used for and how to use them safely in the kitchen.



Cooking safely with heat

Find out about the different types of kitchen appliances that use heat and learn how to use them safely.

Slicing and cutting safely - KS2 - BBC Bitesize

Recipes

- ▶ If you require any recipes, we have a large bank of these. Please use the e-mails provided to contact us. Some examples below:
- ▶ Healthy school recipes (First bites and puddings). Examples: hummus, tzatziki, fruit cake, yoghurt cake, banana cake. Also, soups: examples include tomato, spicy carrot and lentil, leek and potato etc.
- ▶ Healthy takeaway recipes ('fakeaway'). Examples: egg fried rice, chow mein, chickpea, mushroom and spinach curry, homemade chicken/fish nuggets and chips.
- ▶ Healthy main courses. Examples: vegetable and bean chilli, cottage pie, lasagne and bolognese.
- ▶ Simple tea/snack ideas. Examples: omelette, homemade baked beans on toast, Welsh rarebit.

Potential Funding Streams

Links for possible funding streams:

- ▶ [Tesco Stronger Starts – Cooking for All Fund | Action Together](#)
- ▶ [Telford & Wrekin Council | Funding and grants for community groups](#)
- ▶ [Telford & Wrekin Council | Funding for activities](#)
- ▶ [Telford & Wrekin Council | Funding for core costs](#)

Other things to consider

- ▶ Growing fruit and vegetables at school and cooking with them. Even something simple like herbs or cress.
- ▶ Using community orchards and allotments to source ingredients.
- ▶ Recycling – Are you going to recycle your packaging?
- ▶ Food waste – Peelings, cores etc. What were you going to do with these?
- ▶ Would you consider selling the food that you've made in a tuck shop or afterschool to raise school/ingredient funds?
- ▶ Is the cooking club chargeable to parents/carers?
- ▶ Create evaluations for the children and their families to complete. This feedback will be invaluable to develop further courses.

Links to Online Resources:



- ▶ BBC Bitesize: [Cooking and nutrition - KS2 Design and Technology - BBC Bitesize](#)
- ▶ Food A Fact Of Life: [Free education resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating, and teacher training. - Food A Fact Of Life](#)
- ▶ GOV.UK- The Eatwell Guide: [Eatwell Guide](#)
- ▶ Phunky Foods: [Phunky Foods - Healthy Lifestyle Curriculum Activities](#)
- ▶ School Zone from Better Health: [School food standards: resources for schools - GOV.UK](#)
- ▶ Vegpower: [Veg Power](#)



Bennett

Darwin

Kinsella

Bushell

Thank you

Let's get cooking!



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