



# Plot to Plate: Cooking, Community and Curriculum



**Case Study: Plot to Plate – Empowering Families through Food:** Since 2022, Clase Primary School has linked Food and Fun with Big Bocs Bwyd (BBB) to teach cooking, nutrition, and sustainability. **Community Engagement:** Donna Abbott (FLM) completed an accredited Community Food and Nutrition course and delivered sessions where parents used BBB ingredients to create meals, boosting confidence in healthy, affordable cooking.

**Collaborative Impact:** Working with The Life-Long Service, the school runs food sustainability sessions for parents and children, promoting meal planning and reducing food waste. **Next Steps:** The upcoming project will use 19 BBB staple foods and extra ingredients to create budget-friendly meals. Donna Abbott will deliver one-off 1.5-hour workshops on meal prep and healthy eating. This initiative empowers families, promotes sustainability, and strengthens the school community.

This project empowers children with essential life skills, fostering a love for cooking and healthy eating using fresh, home grown, and supplemented food from Big Bocs Bwyd. It enhances their understanding of nutrition, sustainability, and food provenance, linking directly to the curriculum. Hands-on experiences promote teamwork, creativity, and confidence. For the community, it strengthens connections between families, the school, and external agencies, promoting well-being and shared responsibility. Access to affordable, nutritious meals supports families facing food insecurity, while collaborative cooking sessions create a sense of belonging. By embedding food education into daily learning, the project nurtures a healthier, more resilient community.

**Collaborate Widely –** Work with your family liaison managers, local agencies, and community groups to enhance support and resources.

"I loved cooking with my friends and using the food we grew. It made me feel like a real chef!" – Year 6 pupil

"It's amazing to see my child excited about cooking healthy meals. They've started helping at home, and we're trying new recipes together!" – Parent

