

# Community Stars – Cookery Class

## A recipe for success

When members of Trinity Methodist Church, Clitheroe, heard that clients of the local foodbank weren't always sure how to cook the ingredients they received, they came up with an ingenious solution.



Volunteers from churches across the region came together to offer cookery classes to anyone who wanted to come along. On the first night there were a dozen or so in the class, and the lessons have proved so popular that they've been running ever since.

The group aims to cover a huge variety of foods and ingredients, including main meals, desserts, soups and cakes. All are low cost, easy to prepare and nourishing, and there's always plenty of practical advice on offer.

The group originally thought that young Mums or Dads would mainly

be interested in the classes, but the response has been much more varied. From retired gentlemen who want to help out with the tasks at home, through to young people with learning issues, the range of clients has been extremely diverse.

“ Some people loved it so much that they now come along to volunteer with the washing up too. ”

**Hylda Emsden**  
Trinity Methodist Church

### Church details

- Trinity Methodist Church
- Clitheroe Circuit, Lancashire District
- Average congregation: 150

### What you'll need

- Kitchen facilities
- The space to give people one-to-one attention
- Food hygiene certificates
- First Aid qualifications may also be useful

### Cooking by numbers

- 1st ever dish taught: cottage pie
- Average number of people using the foodbank: 60
- Number of cookery volunteers: 4
- Course length: 12 weeks



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