

NICHI Small Grants Case Studies 2016-2017

Name of Project:	Eat Well Spend Less
Aim of Project:	To train 4 volunteers as leaders of the project and to deliver 2 6 week courses focusing on cookery skills and budgeting to assist clients to make healthy food choices and increase budgeting skills
Target Group:	Those in food poverty
Aims /Outcomes:	Four volunteers trained who then delivered the EWSL programme over 12 weeks to 13 participants. Participants came from 4 of the top 30% SOA areas in Larne. The participants enjoyed the course, increasing their knowledge and competencies in good healthy eating, budgeting and social interaction. Following a networking event two further courses will be delivered to other communities in the Larne area.
Benefit:	4 facilitators gained confidence, skills and practical resources including a work manual to run the course. Foodbank clients developed increased skills and confidence in cooking and the practical skills of budgeting. One participant stated, “Everything about this course and the people running it has been excellent and lovely people as I find it hard to trust people but these ladies are great” . Another wrote, “Really enjoyed the course. Got some great ideas for meals for less

money and finished the course a lot wiser on money and meals”.

Project Highlights: The highlights have been:

- Development of healthy eating and budgeting
- Development of friendships and social skills
- Participant developed confidence and self-management
- Participants actually used the recipes at home
- A celebration meal was prepared by the participants for themselves and invited guests. They knew and were amazed by how little the meal had cost.
- The networking event proved highly successful in taking the Eat Well Spend Less programme into the wider community and beyond the life of this project