



GET TOGETHERS
Bringing people together through food

Cooking in school and cookery clubs



Ideas for hands-on Cook and Share Month activities

Cook and Share Month is a great way to get your school involved in cooking together. If you are stuck for ideas on how to get started, or want to change it up a bit from what you usually make, then these ideas should really help.

1 Jam jar salad dressings bar

Pick and mix ingredients then shake to make a delicious take-away salad dressing.

2 Sunflower seed harvesting

Gather any sunflower heads from the school garden, local allotment or community garden and learn how to harvest seeds to plant next year. You can also use some to roast for topping the crumble or muesli activities. You can also learn about pollination at the same time!

3 Pot luck sharing lunch

everyone brings in one item and you can then sit and share ideas on what to make and learn about what spices and seasonings go with the items brought. This helps with cutting food waste and cooking on a budget.

4 Cooking in school or cookery clubs

Crumble – as well as suggesting using foil dishes, also add 'or ask everyone to bring in a suitable oven-proof dish from home.

5 Create your own dips and dippers

Prepare a range of dip bases like hummus or pea/broad-bean then let people customize with herbs, spices and seasonal ingredients. Sell with a range of pick and mix veggie sticks.

6 Create your own muesli and yoghurt pots

Set up a pick and mix table of muesli base, dried fruit, yoghurt and fresh fruit then invite people to create their own layered snack pot (collect small jam-jars with lids for this).

7 Soup kitchen

Prepare a range of soups for sampling, organize tastings then sell pre-weighed bags of the soup ingredients with the recipe for people to make their own at home.

8 Popcorn snacks

Get hold of a popcorn maker or use a large pan with tight-fitting lid to pop your own corn. Sell bags and let people choose their own topping/flavouring such as cinnamon, honey or chilli (go easy on the sugar and salt!!)



Sunday 16th October – Friday 18th November

fflgettogether.org/cookandshare | [@SAfoodforlife](https://twitter.com/SAfoodforlife)

