

How to become a Food Champion in Aberdeen

Before you sign up to become a Food Champion, you must:

1. Volunteer for a community organisation (or willing to volunteer) in Aberdeen City
2. Have agreement from your volunteer organisation to deliver (or co-deliver) a minimum of 2 practical cooking programmes (block of 6-week sessions) per year
3. Have good cooking skills

Before delivering food skills sessions, Food Champions must complete the following if you have not already:

1. REHIS Elementary Food Hygiene
2. REHIS Food and Health
3. NHS Grampian Confidence to Cook (C2C) Train the Trainer
4. Agree to evaluate sessions using C2C evaluation form
5. Agree to GDPR statement

All training for Food Champions is available for free. Please note -

- REHIS Elementary Food Hygiene beginner training (for first timers, valid for 3 years)
- REHIS Elementary Food Hygiene refresher training (if beginner training has expired >3yrs)
- NHS Grampian C2C Train the Trainer can only be booked after REHIS Elementary Food Hygiene and REHIS Food and Health courses are completed
- If you have already completed NHS Grampian C2C Train the Trainer, but this was before June 2022, please request a refresher pack

After completion of all criteria requirements, Food Champions will receive the following:

- Training Manual
- C2C Recipe Book
- 6-Week lesson plans – of what will be expected to deliver in a C2C class
- All handouts that you can give to participants and information on where to access more resources for classes
- Evaluation form to use in C2C classes
- A list of community kitchen venues that can be used to deliver C2C classes
- Information about where you can get funding to start delivering classes

Post-course Support:

- Invitations to attend Aberdeen Community Food Network (ACFN) events to share experiences, learning and receive updates.
- Opportunity to join Aberdeen City Local Food Champions private Facebook page
- Contacts of fellow Food Champions to support each other and buddy-up

Sign Up:

If you meet the first 3 criteria requirements on this page and would like to sign up to become a Food Champion, please follow this link and complete the form – [Food Champions Registration Form](#)

For more information, please contact Nonye Agbaza - nagbaza@aberdeencity.gov.uk

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