

PASS IT ON IN YOUR COMMUNITY

Anyone can learn how to cook something – all they have to do is give it a try. That's the idea behind Jamie Oliver's Ministry of Food project, which includes the Pass It On movement. Pass It On is all about people sharing their cooking skills with each other in order to get the nation making tasty meals with fresh ingredients again. This is important because knowing how to cook will be really good not only for your health, but also the future health of the country. We need as many people as possible to join in.

Here's how to set up your own local group:

1. SET UP YOUR CORE GROUP

Look for support in your local community first – you'll probably find there are loads of people out there who want to learn how to cook AND would like to take part, and who could help you set up a local Pass It On group.

2. PUT SOMEONE IN CHARGE

You will need to:

- Either teach the classes yourself, or find someone who is a good cook, and confident about giving a series of lessons.
- Sort out the logistics: location, local regulations etc.
- Find a weekly slot that suits everyone's diaries.

3. FINDING A LOCATION

There are many under-used cooking facilities out there which you might be able to get access to in the afternoons, evenings and weekends. Try approaching these organisations to see if they can help:

- The community services department at your local council – they will have a list of community facilities with kitchens such as town halls, children's and community centres.
- The head of your local school or catering college (they might be able to grant you access to school facilities after hours).
- The head of local social organisations such as Boy Scouts and Girl Guides, who may already be using someone else's facilities and know how to access them.
- Places of worship (some may have access to other buildings and facilities in the community).

4. FIND OUT ABOUT LOCAL REGULATIONS

It's a good idea to have a basic hygiene certificate and an intermediate first aid qualification before you run your own cooking classes. For more information about what's required you will need to contact the environmental health department of your local council.

Adults working with children are required to have a Criminal Records Bureau check, especially if your class will be based in or connected with a school. Make sure you discuss this with the person in charge of the children's group you are linking in with. They should be able to tell you what to do.

5. COMMUNICATIONS

Decide how you are going to communicate with everyone. If you have email, you can invite

you class members using the invitation system on this website. You can send everyone details of your weekly lesson with a recipe, ingredients list and details of what they need to bring.

6. EQUIPMENT

If you are not going to be based somewhere with good facilities, you will need to sort out a basic set of equipment. Take a look at the equipment section on the website. If you need to, you can have a look at the recipe you're going to be teaching, make a list of the equipment it requires then ask people to bring their own from home.

If your cooking facilities are limited you may need to get:

- Gas burners, enough for each member of the class to have their own or for two people to share. We've been using CampingGaz "Camp Bistro stovetop cookers", which cost around £10 each, plus the cost of a disposable gas canister.

This will cover you for many simple recipes which can be boiled, simmered or fried on top of the cooker.

- A mobile oven is a bigger investment. You may be able to borrow a few from a local catering company. A counter-top oven, if you can only get one, is a last resort because you won't be able to get everyone doing their own dish. But at least you'll be able to show them the skills they need.

- Tupperware. If you're not going to sit down and share the meal you have prepared, make sure you get everyone to bring a container to take home what they have cooked.

7. INGREDIENTS

The person teaching the class will be giving up their time to pass on their knowledge. Paying for the ingredients they'll be teaching with each week is a nice way of saying thanks. We suggest finding ways of raising money to fund this.

8. If you can afford it, we suggest that you buy all the ingredients for your class' first lesson to start them off on the right foot and make that first class as painless as possible. You should also try to provide the basic store cupboard items you'll be using week after week, like olive oil, flour, dried herbs and salt and pepper.

After the initial class however, your group should bring their own ingredients – there are shopping lists on the website for all of the Ministry recipes.

Some community groups may be able to get funding to pay for ingredients from the local council or a local charity. If money is really tight, you can always ask people to pair up and share the costs between them.

9. SET UP A COURSE

It's a good idea to plan a series of classes so that each week, people can build on their skills and learn to do something new. In Rotherham, we run a course of ten classes and by the end of the course our pupils have covered the basics of chopping, mixing, frying, roasting and baking.

You could celebrate the end of your course with a community meal. Invite friends and family to come along and taste the delicious food everyone has learnt to cook. Choose a dish for each person to prepare and bring along.

10. MARKETING

We have provided a logo, which you can use on marketing materials such as flyers, banners, leaflets, t-shirts, stickers and on websites to help promote your classes.

PASS IT ON!

Once you've sorted out the logistics, it's time to get cooking! These simple guidelines will help you to get the most out of your Pass It On groups:

1. RECIPES

Choose a quick and simple recipe. You can use your own recipe or one from the Ministry of Food website, www.jamiesministryoffood.com. They're all quick and easy and we've included step-by-step videos and advice for beginners on store cupboard ingredients, shopping lists and kitchen equipment.

2. GET PEOPLE COOKING AS QUICKLY AS POSSIBLE

Don't just do a cooking demonstration. It's really important that everyone prepare the raw ingredients and cook for themselves.

3. PASS IT ON

Once your class have cracked each recipe, get them to Pass It On to two of their friends. This is the magic moment when they will suddenly realise they can really cook!

If you choose a simple recipe like an omelette or pancake, which only takes a few minutes to prepare, you can even do this during class. Teach one half of the group the recipe, then ask them to Pass It On to the other half straight away.

4. DO IT AGAIN AT HOME

Cooking at home is really important so have everyone in the group promise to make each recipe at home again as soon as possible. They should also promise they will Pass It On to their family, friends, neighbours or co-workers... If they do, before you know it there will be chains of people in your local community passing on their new cooking skills!

5. KEEP COOKING

Keep teaching your group until they've mastered all of the recipes. They will then have covered the basic skills they need to be able to cook: chopping, frying, roasting and baking.

WE WANT TO FIND THE TOP SCHOOL IN THE COUNTRY SO MAKE SURE YOU REGISTER ON THE WEBSITE

We've set up a fantastic website so we can keep track of all the great Pass It On chains, how many people there are in each one, and how many dishes you've taught. That way we will also know how many people are taking part all over the country. Here's what you have to do:

- Register on the website.
- Create a profile for your school. You can upload your school crest instead of a picture. Then invite everyone taking part in the class using the email system, this will tell them what they will be cooking, when, where and what equipment, if any, they need to bring.
- After each class, all you have to do is click back to the site to confirm your class took place and your Pass It On will count.
- We'll keep tabs of which schools are doing the best and put the top five up on the website.