

Ministry of Food like so many of Jamie's campaigns first aired as a TV programme. 10 years ago, Jamie, aghast at the reaction of Rotherham Mums to his healthier school meals, resolved to change the attitude of the whole community. The Ministry of Food campaign was born out of desire to inform and educate people about healthier habits. Jamie feared that cooking skills were being lost and his solution was community cooking classes on every British high street.

Today the Ministry of Food Cookery Program has evolved into a evidence based health intervention backed by Public Health and responsible for teaching over 60,000 people to cook both here and in Australia. With health budgets at breaking point, never has the need been greater to find a solution to diet related disease. Jamie's Ministry of Food program through a structured 8 week course delivers meaningful and lasting change to people's lifestyles.

Our fabulous partner organisations inspire people with Jamie's campaigning message - Cooking from scratch leads to healthier lives. Classes are taught in our high street Ministry of Food centres and through outreach programmes in smaller community venues. These community hubs deliver cooking classes and courses turning novices into competent cooks equipped to make healthier choices. Our core course takes participants from basic knife skills through to more complex recipes. Along the way they will learn why certain foods are healthier than others and essential tips like how to decode complex ingredient lists and how to make plans for a healthier week. [Jennifer from Rotherham](#) never cooked, she now loves to cook for her family.

All Ministry of Food classes are fun and informative, delivered by members of the community committed to bringing about change in their local area. Jamie's delicious recipes are essential to the success of our courses and we have an increasing body of evidence showing why and how the course succeeds. [Recent independent studies](#) both here and Australia show statistically significant changes in course participants behaviours relating to food. Immediately after completing the course participants will have increased their fruit and vegetable consumption and decreased their weekly use of convenience foods. They report dramatic improvements in their cooking confidence. These results actually improved over 6 months. These studies were recently picked up in the UK [press](#).

Jamie's Ministry of Food team work with partner organisations to deliver our course across the country. The Ministry of Food program can be delivered at a full time community cooking center or as community outreach programs. Our team provide training and access to our brilliant resources and recipes, and on going programme support. Please get in touch at info@jamiesministryoffood.com

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