

# FOODIE FRIDAYS

## YOUTH COOKING WORKSHOPS

### PROGRAM WRAP UP

45

total  
participants

100%

of parents  
surveyed would  
recommend this  
workshop to  
other parents  
for their child



4

workshops

100%

of parents  
surveyed said  
their child had  
been keen to eat  
more fresh  
veggies since the  
workshop

When asked for their highlight, the young people said...

“friends”

“meeting new people and making something new”

“making the dumplings and eating everything!”

“anyone can be your friend”

“basketball with friends”\*\*

“that it was perfect and helped my cooking so much”

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We asked parents & guardians for their thoughts..

*“my son was inspired and every now and again, will find a recipe to cook for the family”*

*“my children have made the dumplings a few times... the class opened them up to different ingredients”*

*“this has been one my kids favourite activities ever”*

*“...since the bean hamburger eats more legumes”*

*“one kid has started trying ‘new’ veg again”*



*\*\*basketball was organised for those who had finished cooking early.*