



Get Gloucestershire Cooking is exactly that: A project to get Gloucestershire cooking establishing the County as a "Cook Zone".

It starts during British Food Fortnight 06 with a series of cooking demonstrations delivered by Rob Rees MBE The Cotswold Chef and a passionate foodie.

Get Gloucestershire Cooking is a 1-year campaign scheduled to end in October 2007. It is hoped that it will affect over 250,000 people in schools, clubs and businesses creating a County that values cooking food centre stage within its communities

Its time to raise the awareness in Gloucestershire to the value and benefits that cooking food can have, such as:

- improving well being
- improving our health
- improving our social skills
- improving our family life and communities

No matter what your age or ability Get Gloucestershire Cooking will be great fun.

From the 23rd September to 8th October 2006 to celebrate the launch of Get Gloucestershire Cooking Rob Rees MBE -The Cotswold Chef will be delivering cooking sessions in the "Creed Catering" mobile kitchen to many community groups and schools in Gloucestershire. The two-week launch that coincides with British Food Fortnight already has a potential to practically engage with 15,000 people in Gloucestershire.

Get Gloucestershire Cooking is something everyone can be involved in.

To make **Get Gloucestershire Cooking** succeed it is time to draft up a voluntary County workforce of campaigners and passionate foodies in every school, workplace or community to motivate them to start running cookery projects in a place near them. The motivation is there and if we can tell the story on the Get Gloucestershire Cooking website then the County will really benefit.

The campaign is supported by donations from [Savoy Education Trust](#), Sticky Mitts, [Creed Catering](#), The Cotswold Chef, and Gloucestershire Food Vision.

What to do next?

If you are already involved as a group in activity around cooking then please fill in the forms on the site and register your project – it will inspire others.

- As an **employer or employee** please think about how you can Get Gloucestershire Cooking:

Could the IT team cook a meal for the Accounts Team?

Could you do a recipe book swap?

Could you volunteer people and even money to help your local school run a cookery club?

Could you set up a cookery demonstration in your workplace?

Could you run a Cookery competition for all your staff?

- As a **community group** please think about how you can Get Gloucestershire Cooking:

Could you link with a local school on a cooking project?

Could you set up cooking lessons and tasting sessions with your members?

Could you develop your local allotments to make foods for cooking clubs?

Could you go on cooking courses at the counties colleges?

- As a **school pupil or teacher:**

Can you set up some cookery demonstrations in your school?

Could you set up an after school cookery club involving your community?

Could your year group cook a meal for another year group?

- As an **individual or family:**

How about setting a day when you all shop, cook and eat together?

Could you volunteer to help a group to cook?

Could you have your friend round for dinner parties?

- **We need everyone to:**

1. Download the logo and use it in your materials – we need to see the Get Gloucestershire Cooking Logo everywhere.
2. Register your project on the Get Gloucestershire Cooking website www.getgloucestershirecooking.co.uk
3. If you need advice or inspiration check out the web links on the site or email us at info@getgloucestershirecooking.co.uk

