

# Kids Kitchen Collective: Our Theory of Change

**Our mission:** to tackle social isolation of adults who care for young children, childhood obesity and the environmental impact of food systems through inspiring adults and young children to cook and eat great food together.

## The problem:

High % of children and adults in UK have long term health problems caused by diet

Unsustainable UK food system having a negative impact on our local and global environment

Families are not cooking from scratch; living with high food costs

New parents are isolated; communities do not know their neighbours

Carers of young children face a time of transition and need to build confidence and shift skills

## What we do:

We run Kids Kitchen sessions for adults and children: cooking from scratch in new and existing settings with carers, under-5s, their siblings

We develop and share resources that enable parents and others to cook from scratch with kids

We create opportunities for carers of young kids to improve health/ their environment/ career prospects

We show people how to cook from scratch with kids and carers

## How we do it:

We have fun | We use organic, local, plant-based food wherever possible | We cook from scratch - mostly savoury | We eat together | We talk about where the food comes from | We actively involve everyone | We create a space for others to engage with each other

**Assumptions:** Healthy eating = healthy bodies | Habits formed young = better habits as an adult | Once you've cooked a simple recipe with your child and enjoyed it, you'll cook it again | Sharing recipes leads to more healthy eating | Learning new skills = More confidence = improved wellbeing | Cooking together promotes community feel = Less isolation

## Which means that:

Adults who care for young children are less isolated

Adults who care for young children are healthier, have built skills and confidence

Young children are healthier

More local plant-based food is being consumed

Food bills are reduced

## How do we know?

"I passed that recipe on to my neighbour"

Kids enjoy sessions and want to come back; kids try food they haven't before

"We really enjoyed that session!"

Volunteers move from attending to leading sessions sharing their skills and experience with others

"I'm involving my child more in the kitchen"

Carers are cooking simple recipes with their kids for first time

"I'm cooking with more veggies"

Volunteers have learned new skills: "This is an exciting new skill, a dream job to cook with kids"

"I know where to find fresh cheap ingredients"

"We cooked together at our community group / we'd like to start a session"