

Cooking for community food events



Ideas for hands-on foodie activities during Cook and Share Month

Cooking activities can be quite simple, and should certainly be fun! Here's a range of quick and easy suggestions to get your community group or residents engaged in food preparation.

1 Make skin-on wedges and dips for a movie night or bonfire celebration

Use the Cook and Share recipe to make some low-fat tasty alternatives to a fast food stall for a community event this autumn.

2 Afternoon tea

Host a harvest afternoon tea, you could make the Cook and Share blackberry and pear bumble recipe to share.

3 Twice-baked jacket potato recipe

Let people scoop out the potato from a pre-baked jacket then add a selection of ingredients before piling back in the skins. Can be taken away to bake at home or baked to order.

4 Seasonal fruit crumble cook-in

Run a cook-along to prepare the fruit base with crumble topping. Depending on the season, ideas might include apple and cinnamon, rhubarb and orange, plum and cinnamon, summer fruit. Assemble in foil dishes to be taken home for baking.

5 Get some pumpkins and varieties of squash

You could carve some, paint some and cook others. Even the insides from the carved pumpkin can go in soups and stews. The pumpkin seeds can be roasted and added to crumble or breakfast cereal.

6 Pot luck lunch

If you run a community group ask everyone to bring one item such as a potato or tin of tomatoes and then get together to share ideas on what you can make. Make the dishes together then share a meal or portion up to take home.

7 Soup kitchen

Prepare a range of soups for sampling, organize tastings then sell pre-weighed bags of the soup ingredients with the recipe for people to make their own at home.

8 Popcorn snacks

Get hold of a popcorn maker or use a large pan with tight-fitting lid to pop your own corn. Sell bags and let people choose their own topping/flavouring like cinnamon, honey or chilli (go easy on the sugar and salt!!).



Sunday 16th October – Friday 18th November

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