

## **Aye Can Change Save Pounds Project    Job description Cookery Tutor Temporary Post**

### **Background**

[Aye Can Change](#) is a social enterprise based in Strathearn. Our aim is to support positive mental and physical health and well-being. We take a holistic approach that empowers people to eat, drink, think and move well. This is done through providing practical skills and quality educational information that encourages small, no-cost changes that make a difference.

We have limited life funding to run two 10 week programmes '[Save Pounds](#)'. This is aimed at new and soon to be new parents, targeted at vulnerable families. The programme will support them to cook from scratch on a budget and make small changes that will result in healthy, quality meals produced economically that enable them to 'save pounds' both financially and on their bodies (if appropriate). In addition to practical sessions there are discussions and web based support materials that encourage people to make lasting changes which will result in them being able to eat, drink, think and move well.

We are seeking a cookery tutor to assist in delivering the above programme.

### **Main purpose**

To support people to prepare and cook nutritious meals on a budget from scratch using one pot cooking where possible. This includes meat free versions during demonstrations.

The target group for this is new parents and parents to be, some of whom may be overweight.

**Rate of pay:** £12 per hour

**Hours** – 3 hours per session includes preparation, tidying up and delivery time up to a maximum of 6 hours per week if delivering both programmes.

### **Tasks and Responsibilities**

- To support and assist the project coordinator in the delivery of weekly cookery sessions. This includes: assisting in the set-up, delivery and set down: working to a planned structure based around the Aye Can Change programme and adapting the Tayside Community Cookit recipes; incorporating food hygiene and safety, meal planning, and food budgeting into discussions.
- Source and gather ingredients required for cooking classes and uphold good food practices when clearing and tidying up after each class including safe storage of food and control of stock.
- Maintain appropriate records including monitoring and assessing progression of class participants relating criteria of outcomes agreed for the programme.
- Implement Health and Safety requirements, policies and procedures and ensure systems are adhered to and reviewed as appropriate.
- Willing to be flexible to fulfil the requirements of the Cookery Tutor position.

## **Person Specification - Cookery Tutor**

### **Knowledge and Experience Essential**

- Relevant professional or vocational qualification or substantial experience of cooking healthy budget food
- Experience of teaching cookery classes or working with small groups
- Ability to work as part of a team.
- Experience of working with diverse cultures and of addressing the needs of different sectors of the community
- The ability to work flexibly under pressure
- Evidence of clear and effective communication skills. Including good interpersonal skills and the ability to engage with people and build skills and confidence

### **Desirable**

1. Qualification in Food Hygiene.

2. Relevant training in any of the following: Healthy living, healthy eating, nutrition, food hygiene, active life styles, physical activity, mental health

It is essential that you would be available to start on 21<sup>st</sup> January and be available for the length of the programme. It is preferable that you can work both the morning and evening sessions.

### **Cooking Sessions**

These will be held at the Ross Hall, Gwyder St. Crieff. This will be over a 10 week period starting Tuesday 21<sup>st</sup> January and include a one week break with the last class on Tuesday 31<sup>st</sup> March.

There are two sessions. One in the morning from 9:30-11:30am and the second session in the evening from 7:00pm-9:00pm.

This is also the premises for the Seventh Day Adventist Church. Due to the premises used, we need recipes to be meat free as that is a ruling of using the premises. Other adaptations may be needed for recipes to take account of intolerances and allergies. The starting point for recipes will be the [Tayside Community Cookit](#) recipes along with looking at [Zero Waste](#) and other places that focus on healthy eating on a budget. We will use seasonal ingredients as much as possible. To account for handwashing, class discussions, and organization, recipes that take about 20-25 minutes are likely to work best. When possible, we aim to prepare enough for participants to take a small portion home to their families.

### **Application process**

To apply for this post please provide a CV with a covering letter that explains what your interest is in this post and what relevant experience you can bring to it . Applications need to be sent to [info@ayecanchange.com](mailto:info@ayecanchange.com) by 4th January. For more information phone Fran tel :07518958032

**Interviews will be held Monday 6<sup>th</sup> January in the Crieff/ Comrie area.**