

CASE STUDY: FOOD 4 US

Food 4 Us is a guide for delivering food and health-related sessions to young people. The book was launched in March 2006, and is based on a pilot project for young people aged 7-19, that took place at the JNR8 (pronounced 'Generate') Youth & Community Centre in Whalley Range, Manchester. The project was funded by Central Manchester Primary Care Trust. *Food 4 Us* features:

- ✓ practical guidelines for setting up and running cookery groups
- ✓ themed sessions and step-by-step recipes
- ✓ topics for discussion and fun follow-up activities



With its user-friendly format *Food 4 Us* offers innovative ideas for engaging young people in positive, food-related activities. The book's full colour photography captures the enthusiasm and energy of young people involved in cookery and health sessions, and is ideal for use in schools, youth clubs and other informal education settings.

"Central PCT was happy to support this project and develop the work being done at JNR8 with young people and the wider community. The young people involved are our future parents and local citizens, and their health depends on what they eat, as does the next generation!"
(Hazel Andrews, community dietician, Central Manchester PCT.)



For more information, or to order a copy of the book, please contact JNR8 Youth and Community Centre:

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Please pay by cheque and make cheques payable to
WRYOA JNR8 Donations.



Price: £12.50 per book + £2.50 postage & handling
per book.

Food 4 Us, compiled and edited by Lisa Arnold, and printed by Manchester Metropolitan University Reprographics, ISBN 1-900634-12-0, 64 pp. Published jointly by Central Manchester PCT and Whalley Range Youth Opportunities Association.



**Produced by
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