

NOURISHED ROUTES

A COOK FOR CHANGE CASE STUDY

I'm Helen, and I'm a solo mother to two amazing girls, and the Founding Director of Nourished Routes, a Community Interest Company on a mission to reduce health inequalities and food insecurity.

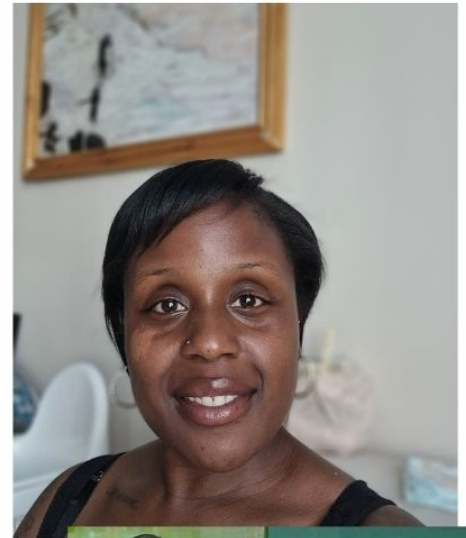
We do this by educating and empowering children and young people, and supporting families through our after-school clubs and community wellbeing events. Everything we deliver is focused on cooking and nutrition, and we integrate this with the benefits of physical activity and mental wellbeing.

Cook for Change has inspired me to create and deliver a curriculum for primary and secondary schools, which can be offered as a service or sold as a product, as a way to diversify my income and widen the impact I can have.

Alongside this, I want to expand our community workshops and programmes, to reach the people who need us most. We've already created a full curriculum for our after-school club, which we are currently piloting to make sure it's as useful and impactful as possible before we start approaching local authorities and schools.

Cook for Change has been completely invaluable to me. The workshops during the bootcamp helped me think in new ways and approach challenges with fresh perspectives. It was also amazing to be part of a supportive cohort of people who truly understand the ups and downs of running a social enterprise.

Since the bootcamp, the online sessions have continued to provide so much value – but more than anything, it's the ongoing support from Emma and Sarah that has made the biggest difference. Whether I have an idea or an issue, they've been there with advice, insight, and encouragement. This programme has honestly been life-changing.



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