

## Squash Nutrition



SQUASH can provide a vibrant and creative learning experience at our Squash HQ and from our community food garden.

***We can provide training for staff/volunteer teams (of up to 15 people) - 2-hour session:***

Our sessions will provide the inspiration, knowledge, tools, resources and confidence to develop successful healthy-living practice within participants own venues/projects.

Together, we will explore and try out successful hands-on methods for engaging your young people in creative, green, health and well-being.

**Including:**

- simple ideas to encourage people to incorporate healthy foods in to their diets
- trying and testing easy recipes - great tasting value for money dishes
- tips on how to run really engaging, inclusive workshops/sessions
- practical and inventive ways to engage people with their local natural environment simple container growing for any space using recycled materials healthy

***We can provide training for visiting groups of young people (up to 15 people) - 2 hour session:***

Squash can host groups of up to 15 young people at our community garden venue for a half day session of hands on practical activities with a food and well-being focus.

**Themes for session content include:**

- Outdoor cooking / Cooking on a fire
- Food sowing, growing, harvesting
- Pizza making in outdoor oven
- Cooking with the sun using our solar oven

**[www.squashliverpool.co.uk](http://www.squashliverpool.co.uk)**

**[becky@squashliverpool.co.uk](mailto:becky@squashliverpool.co.uk) Contact: **Becky Vipond 0151 7077897****