

The BIG Family Event Being Well, Doing Well

WORKSHOP 1 INFO - Healthy Fast Food

Facilitated by Sue O'Neill-Berest and
Leah de Mey, Cyrenians Cook School

About Sue and Leah

Sue is the food Education manager at Cyrenians Cook school. She has worked for Cyrenians food education for the past ten years. Leah has recently joined food education and runs the community cook club programme for young people. Prior to coming to Cyrenians, Leah worked in a sourdough bakery, where she learned to love baking.



At our community cook school, based on Jane Street in Leith, we are acutely aware of the power of food; from the nutritious elements of a balanced diet, to the joy and love shared over a hand-crafted meal. Our food education courses help take the mystery out of meal prepping, planning and budgeting, helping create lifelong skills and friends too.

What is the workshop about?

During the workshop we will be talking all about eating healthily on a low income, menu planning and about how what we eat influences how we feel. Everyone at the workshop will have the opportunity to make a healthy 'pot noodle' and a Vietnamese spring roll that will demonstrate that fast food does not need to be unhealthy. These are also recipes that can be prepared together as a family at the table whilst chatting and catching up with each other.

What will my family and/or I take away from attending this workshop?

This workshop helps explore how families can do mealtimes together. There is lots of evidence that suggests that families who eat regularly together have lower levels of stress and that young people do better at school too.

How does my family and/or I join this workshop?

A choice of four workshops will run in the morning and again in the afternoon. You and/or your family will have the chance to attend two workshops; one workshop in the morning and one in the afternoon. Once you've booked your space to attend The Big Family Event, we'll be in touch a couple of weeks before the event to ask you to choose your preferred workshops. We'll try our best to allocate spaces where everyone gets their first and second pick.

There will also be different activities and areas to explore during the day such as; Quiet Zone, Games/Play Zone, Chill Area and Creative Corner.

Book your space for The BIG Family Event or email sccr@cyrenians.scot to find out more!