Cracking Good Food's mission is to promote cooking skills in local communities by delivering cooking courses and training, as part of a wider campaign for affordable, sustainable & healthier food for all.

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Good food is not expensive when you know what to cook and how

We cook across Greater Manchester.
All ingredients sourced from local independent shops and produce used is local and organic where possible.

Cookery Schools:
Chorlton, Didsbury, Flixton & Prestwich

Wild Food Foraging Events
Community Projects
Bespoke one-off events
4, 5 and 6-week courses
Parties & team-building events

New Courses now available:
Fighting Food Waste : film & practical sessions in schools
Train the Trainer – how to set up Community Cooking Clubs

If you would like to talk to us about cooking with you, please contact: ***adele@crackinggoodfood.org***

www.crackinggoodfood.org
A not-for-profit social enterprise
Shortlisted in the Manchester Food & Drink Festival Awards 2012 in the Food Pioneers Category

the people's operator
the mobile network that gives back

We are a Living Wage Employer

Support us by switching to ethical phone provider
The People's Operator

Cracking Good Food

4 Cookery Schools, Foraging, Community Outreach, Outdoor & Bespoke Events, Specialist Training

Cracking Good Food is a sustainable cooking network, which promotes cooking seasonal food from scratch, supporting the local economy and food producers and reducing food waste.

70% of our work is community outreach, working with vulnerable, disadvantaged and hard-to-reach community groups.

Book online

www.crackinggoodfood.org

Vouchers available - great presents!

Foraging

Adults £20 - Children £10. Check website for times!

Chorlton WPark	More planned – coming soon
Didsbury	14 & 29 Nov 2015 & 9 Jan 2016
Chorlton Ees	Coming soon

Cookery Schools 2016 – all 10 – 2pm

Chorlton *(Chorlton High School) by St Werburgh's tram stop*

16 Jan, 23 April, 25 June	Breaking Bread 10 – 2pm, £60
30 Jan & 11 June	Pasta Perfetto Masterclass **1** Ravioli & Stripey bon bon pasta + sauces £60
6 Feb & 12 March	Vegetarian Punjabi £60
5 March	Nepalese Dhal Bhat £60
19 March	Easter Sweet breads (Hot X & Chelsea Buns) £60
27 Feb, 30 April & 18 June	Sushi £65
7 May & 2 July	Pasta Masterclass **2** Gnocchi & Trofie pasta + sauces £60

Flixton: all 10 – 4pm

6 Feb, 12 March & 14 May	Extended breadmaking: Sourdough starter, booklet full of history, tips & recipes. Lunch & refreshments. £80

Prestwich (*Prestwich Arts College*): *5 mins walk from tram*

23 Jan, 30 April & 2 July	Extended breadmaking: 10 – 4pm Sourdough starter, booklet full of history, tips & recipes. Lunch & refreshments. £80

Great Xmas presents!
Voucher & Gift cards available
updates on Facebook & Twitter

Didsbury – all 10 – 4pm

(Parrs Wood School) East Didsbury TRAM

16 Jan, 19 March, 30 April, 18 June	Extended pastamaking : more time to perfect! Stuffed Ravioli, Stripey BonBon & Farfalle + sauces £80
23 Jan, 12 March & 23 April	Extended Nepalese: Dhal Bhat, Momos & your name in Nepalese £80
30 Jan & 21 May	Extended Breadmaking : Sourdough starter, booklet full of history, tips & recipes. Lunch & refreshments. £80
6 Feb, 14 May & 25 June	NEW The Art of Tarts! Traditional Pastry, Pasties Pies & Tarts £90
27 Feb & 7 May	NEW Sustainable Meat – offal £90
5 March	NEW! Chocolate Truffles with Dormouse Chocolates: *2 – 5pm* £55
5 March & 11 June	Vietnamese & Thai £90

Fuller details on website

Our cookery schools generate vital revenue towards our ongoing operational costs, helping us to deliver sustainable outreach food projects to a wide range of vulnerable, disadvantaged and hard-to-reach community groups.

Please support your local economy, by shopping local

Community Outreach

Mcr Food Poverty Grants – Cooking with 3 Food banks, Compassion (Moss Side), Rainbow (Hulme) & Lifeshare (City centre) for 12 months collaborating with Fareshare NW & the Uni of Manchester
Kindling Trust, Manchester Veg People & Priestnall High School. Working in partnership to deliver a pilot project to redevelop school menus to include more local organic veg & cooking from scratch.
Love Food Hate Waste & WRAP 10 Cities Campaign We run FREE cooking sessions in partnership with Love Food Hate Waste, Marks & Spencer & now Cooperative Food across Greater Manchester. Full info on the website/FB. Booking essential
City West Housing Association, Salford – Eat It Fresh Project Delivering hands-on cooking sessions to their residents twice-monthly over the next 6 months and then training up their food champions to take over from us at the end of the project.
Mustard Tree, Manchester City Centre (helping the homeless & marginalised). We start cooking with them in the New Year.