

PASTA

Overview



What is PASTA?

PASTA is a fun, friendly activity programme where families can cook, play and spend time together. It is for children aged five to eight and their families, with the option of older and younger siblings to attend too.



Learn to cook easy, affordable meals.



Get support and encourage your family to try healthy foods.



Take part in fun physical activities.



Socialise with other families.

Hear from some of the PASTA families

Don't take our word for it. Hear what families have said about PASTA:

"I'd never even cooked a meal from scratch before, the closest

I got was putting nuggets in the oven. I can cook a meal now and everyone eats it. We feel better too!"

"My children will try new foods now and are eating fruit and vegetables that they wouldn't before."

How does PASTA work?

Sessions run once per week for 6 weeks on a set day and time. Each session varies in duration depending on cooking time that week, but typically sessions can last up to 90 minutes. Each session is split into 3 parts.

Part 1



FAMILY COOKING TIME

Part 2



FAMILY GAME TIME

Part 3



TIME TO EAT!

Family cooking time is where the families will prepare a meal together. This will give the kids chance to handle and prepare the meal they're about to eat alongside an adult i.e. their parent.

Game time! Whilst the food is cooking that families have prepared, the group will come together to play games. These games include educational activities promoting healthy eating and living, alongside games that will improve children movement skills, all the while being super fun. Anyone say dodgeball!

When the food is cooked it's time to sit down as a group and eat the food we have prepared earlier. This is a great chance for the children to try new foods. Children are more inclined to try the foods as they have made the meal. This could be the moment your child likes a new food such as vegetables.

Get involved with PASTA!

To get involved with your local PASTA programme contact your child's school or for more information contact dlamont@blcgroup.co.uk

PASTA is a Lancashire County Council funded project and is FREE to access*

*Eligibility requirements will apply. Enquire for more details.

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