



Grandmas' Helping Hands

Sandfield are delighted to be working with Leicester's Food Plan, Food for Life and Leicester City Council to promote intergenerational collaboration.



Young children have benefited from the Grandmas coming in to help them with cutting their dinner at lunch time and helping them with their cooking skills. It benefits everyone; the children as they get 1:1 contact with an adult, the Grandmas build up special relationships with the children and the teachers are able to see an increase in children's self esteem, confidence and cooking skills.



At Sandfield, we can't wait for the next part of the project which will involve the Grandmas helping the children to grow fruit, herbs and vegetables to use in their cooking lessons.



The aims of the project were to ;

- improve social inclusion
- improve healthy eating for both younger and older participants.
- improve intergenerational work within the school setting
- increase knowledge and skills in cooking.
- Pass on culturally relevant recipes.
- improve knowledge around food growing and how to cook it.
- improve the use of cutlery with the Reception children.