

## 5. HEALTHY COOKING PROGRAMME: BOARD FUNDING REQUEST

<b>Officer responsible</b> Community and Recreation Manager, Lesley Symington	<b>Author</b> Gina Stewart, North Hornby Community Recreation Coordinator, DDI 9416520
--	---

### PURPOSE OF REPORT

1. The purpose of this report is to request \$5,000 funding from the Riccarton/Wigram Community Board Youth Initiatives funding pool for the continuation of the Healthy Lifestyles Programme and fitness class to run in the OSCAR Hornby Primary and Gilberthorpes, and Canterbury Fiji Social Services Trust after school programmes.

### EXECUTIVE SUMMARY

2. Christchurch City Council, Community and Recreation Unit has coordinated the Healthy Cooking programme at OSCAR Gilberthorpes and Hornby Primary and Canterbury Fiji Social Services Trust (CFSST) as part of the North Hornby Healthy Lifestyles Project. Funding and assistance was received from the North Hornby Healthy Lifestyles Project and the Public Health Small Grants Fund. The healthy cooking programme was aimed to educate children on healthy eating patterns, safety in the kitchen and food hygiene, which in return will reduce health costs and illness.
3. The programme ran over the course of ten weeks, from August to November 2004, for 1 hour plus twenty minutes preparation time in the three after school programmes each week. During each class, 6 children participated with a rotating system each week so every child participated at least once. The classes were facilitated at different locations; OSCAR Gilberthorpes School, OSCAR Hornby Primary School and CFSST, Hei Hei Community Centre
4. Evaluation from the Healthy Cooking Instructor, OSCAR coordinators and the children was positive. The results showed that all children learnt about healthy cooking options, safety in the kitchen with equipment, personal and food hygiene and learning to supporting each other. Comments have also been noted about children cooking with families at home, and parents requesting recipe handouts. It must be noted that catering focussed around New Zealand and Maori food choices and did not cater for Fijian communities. One coordinator also pointed out that children need these skills to be reiterated so children can independently cook at home and that one programme is not sufficient to develop these skills.
5. The Christchurch City Council North Hornby Community Recreation Coordinator managed all aspects of this programme, from recipe choice, human resource, equipment purchases, food purchases, and handouts. One aim of the North Hornby Healthy Lifestyles Project is to identify the needs and wants in the North Hornby community, however with the limited time frame on this project, programmes need to be organised in partnership with community organisations to be fully sustainable after the completion of the North Hornby Project in December 2005.
6. It is preferred that both OSCAR Hornby and CFSST fully manage the healthy cooking programme. Funding is required by both these organisations to implement the healthy cooking programme for the year 2005/2006. CFSST, with the provision that funding and support by the North Hornby Community Recreation Coordinator is available, will manage the healthy lifestyles cooking programme, as well as managing the physical activity component by providing a personal trainer who can run a circuit class for children. However, this can only be set up if funding is provided. It has been researched that \$5,000 would be needed for the continuation of three healthy cooking programmes and one personal trainer to facilitate a circuit group once a week for the year 2005/2006.
7. This programme meets with Christchurch City Council Policies, LTCCP outcomes, Riccarton/Wigram Community Board objectives and also Sport and Recreation New Zealand objectives.

### FINANCIAL AND LEGAL CONSIDERATIONS

8. Currently the North Hornby Project is in operation until December 2005, with limited funding available for operational costs. The proposed budget for the healthy cooking programme and the fitness programme to become fully sustainable would require funding of \$5,000.

## **BACKGROUND ON HEALTHY COOKING PROGRAMME**

9. The healthy cooking programme was first set up in August 2004. It was managed by the North Hornby Community Recreation Coordinator and ran for a 10 week period. The identified need was established through the development of the North Hornby Health Lifestyles project, which was to increase community participation in healthy lifestyles. Three healthy cooking programmes were set up; two in OSCAR Hornby programmes, and one with CFSST. Classes were set up once a week, at their respective locations, (Gilberthopes School, Hornby Primary School and Hei Hei Community Centre) for one hour with approximately 6 children participating in each class. Every child participated at least once.
10. The appointed Healthy Cooking Instructor taught at each location and was paid at an hourly rate of \$12.00 plus 8% holiday pay, with an estimated wage cost for all three cooking programmes placed to be \$520. Food costs for all three are approximately \$500 for one term. The overall cost being approximately \$1000 each term for three cooking programmes.
11. All feedback from the cooking programme clearly showed the need to continue with the classes. The need was also identified in the demographics of the North Hornby area:
  - extremely high levels of isolation and deprivation
  - significant higher number of one-parent families compared to many other communities
  - significant mental health issues
  - significant economic and social barriers, and;
  - literacy issues.

SPARC also identified this area as having very poor participation levels in recreation, leading to illness and high health related costs. Physical activity and nutrition education are becoming a major focus in New Zealand with the high obesity rates.

12. The healthy cooking programme currently is not sustainable because the programme is dependant on the North Hornby Health Lifestyles Project being a permanent role. For this project to become sustainable, collaboration with a community group will need to be set up. CFSST are prepared to continue the healthy cooking programme and are requesting a personal trainer for a circuit class on the provision that funding become available and there is ongoing support from the North Hornby Community Recreation Coordinator. The Hornby Presbyterian Community Trust project manager who oversees the OSCAR programmes has yet to confirm the joint partnership and will only confirm on the provision that funding is received.

## **OPTIONS**

1. Provide \$5,000 from the Youth Initiative fund for the continuation of OSCAR and CFSST after school healthy cooking programme and for CFSST personal trainer to provide a circuit class for children.
2. No funding be given and the programme does not continue.

## **PREFERRED OPTION**

3. Provide \$5,000 funding for the continuation of OSCAR and CFSST after school healthy cooking programme and for CFSST personal trainer to provide a circuit class for children.

## **STAFF RECOMMENDATION**

That the Community Board allocate \$5,000, from its 2004/05 Youth Initiatives Project Fund, towards the continuation of the OSCAR and CFSST healthy cooking programmes and one physical activity group in the Hornby area .

[The current balance of Youth Initiatives Fund is \$35,000]

## **CHAIRPERSON'S RECOMMENDATION**

That the staff recommendation be adopted.