



Key model components	General principles/approaches	Ideas for food and family activities	
		Food related	Non-cooking
Confidence & belief in own capabilities	<ul style="list-style-type: none"> • Solution-focussed language • Accessible opportunities for participation/contribution • Encourage individuals to make choices and use own initiative • Encourage creativity and individual expression 	<ul style="list-style-type: none"> • Encourage people to bring in recipes • Praise and celebrate achievements • Support for individuals to lead aspects of the meal, with scaffolding/support as needed • 'Build your own' meals (e.g. wraps, fajitas) 	<ul style="list-style-type: none"> • Crafting activities with achievable high-quality outcomes • Praise and celebrate achievements • Support for individuals to lead aspects of activities, with scaffolding/support as needed
Opportunities to influence decisions, express views, make choices & be heard	<ul style="list-style-type: none"> • Consult/Co-produce where possible • All activities optional • Invite not direct • Staff use active listening skills 	<ul style="list-style-type: none"> • Consult families on ideas/choices around what to cook and how to cook it (e.g. discuss half term plans, vote using beads, repeat favourites, etc) • Opportunities for discussion around food and nutrition • Feedback informs planning • Ask individuals what skills they would like to practice 	<ul style="list-style-type: none"> • Consult families on ideas/choices around which activities they want to see (consult on half term plans, repeat favourites, vote using beads etc) • Contribute to playlist • Implement suggestions from feedback processes • Ask re signposting needs
Social networks & sense of belonging & involvement	<ul style="list-style-type: none"> • Welcoming, inclusive environment • Activities bring people together, with opportunities for collaboration • Remember names & information shared • Participants have valued roles 	<ul style="list-style-type: none"> • Menus recognise cultural occasions - Eid, Xmas, etc. • Food prep table organised to support social connection • Prioritise attention for isolated or nervous individuals • Bring a dish day • Ownership/leadership of aspects of meals 	<ul style="list-style-type: none"> • Activities recognise cultural events - Eid, Xmas, etc. • Activities include icebreakers • Easy to join group activities, Yoga, Zumba, etc • Prioritise attention for isolated or nervous individuals • Ownership/leadership of aspects of activities
Knowledge, skills & resources to make healthy choices	<ul style="list-style-type: none"> • Model desirable behaviours • Do not give unsolicited advice • Experiential learning • Low stakes learning environment • Accessible, & reliable information 	<ul style="list-style-type: none"> • Low cost, healthy, easy to prepare food • Easily replicable with tinned or packet ingredients • Information on healthy eating & nutrition (HENRY) • Nudges for healthy eating (health snacks, recipe cards, handouts) 	<ul style="list-style-type: none"> • Link to nutrition, e.g. incorporating the Eatwell guide, fruit animals, veg treasure hunt • Guidance on child development & home learning • Nudges for home learning, inc positive feedback • Highlight low cost of materials for crafts etc
Knowledge & skills for healthy child development	<ul style="list-style-type: none"> • Accessible, fun interactive activities • Support parents and children to interact, with opportunities for achievement, discussion, praise • Support secure child-parent attachment • Encourage shared exploration, play and creativity 	<ul style="list-style-type: none"> • Co-cooking, with opportunities for discussion, praise • HENRY resources support activities • 'Chat, Read, Play'/'Hungry little minds' handouts • Encourage creativity in food prep & presentation; opportunities to decorate biscuits, cupcakes, etc 	<ul style="list-style-type: none"> • Activities support parents to chat, read & play with children – opportunities for achievement & praise • Activities for parents to facilitate exploration & play • Activities which support fun & laughter - games, dancing, storytelling • Handouts on child development, school readiness, etc
Access to community resources	<ul style="list-style-type: none"> • Information about local, low cost or free activities • Signposting conversations • Visiting professionals 	<ul style="list-style-type: none"> • Info about further opportunities around cooking/nutrition (HENRY, Made in Hackney, etc) • Bags of Taste showcase sessions 	<ul style="list-style-type: none"> • Info about stay and play, parenting programmes, etc • Prioritise signposting and referrals to children's centres • Access codes for Solihull online parenting courses • Family Coaches, Family Support Workers visit sessions
Trust & Safety	<ul style="list-style-type: none"> • Calm, regulated staff and volunteers • Consistent format, timing, layout, etc • Clarity on boundaries of service • Transparency around aims of the project • Highlight actioned feedback 	<ul style="list-style-type: none"> • Clear risk-management processes e.g. knives, hot pans • Clear instructions for co-cooking, recipe cards, etc 	<ul style="list-style-type: none"> • Clear risk-management processes, for crafting, etc • Layout of delivery space considers psychological safety • Safeguarding procedures clear + discussed on sign-up