

# You Can Cook

**YOUTH Can Cook has created culinary change in Walkerburn and Innerleithen kitchens.**

Peebles Social Enterprise You Can Cook is coming to the end of a seven month project to instill confidence and skills through mentoring.

It has been running since January 2012 and was solely designed by the young people living in those communities.

The idea was to work with a range of skills which young people would bring to the project and to focus on the strengths rather than the weaknesses of each individual.

Food and cooking was used as a tool to motivate and build confidence, to help them recognise their abilities and channel their energies creatively in the kitchen.

Lack of money, unemployment and family issues can lead to a lack of confidence, inadequate



nutrition due to the overuse of tinned and ready meals.

Little or no access to fresh foods plus no knowledge of cookery skills all contribute to a unhealthy lifestyle and future health problems.

The project helped the participants to enjoy and learn new life skills that will last a lifetime and was shaped around their needs.

Youth Can Cook had over 90% attendance rate, which speaks volumes of the capability and interest shown by attendees.

There were two young volunteers supporting the staff. One of them, Chloe Downs, even ran a

cookery session for Primary 7 pupils attending the project.

Youth Can Cook was inundated by requests from parents to keep the project going as they saw first hand the changes in their kitchen.

Young people were cooking for themselves and their families and of course showing off their newly acquired culinary skills through the project.

The project ends this month and You Can Cook thanks youth worker Susan Moncur for her hard work and dedication in supporting it in delivering a fantastic project.