

The



Campaign

Cooking is the Key

Hannah Ridgeway Design Dimension
Communications Manager Dean Clough
Halifax
West Yorkshire
HX3 5AX
T: 01422 383191
F: 01422 341148
M: 07825 327 089
E: hannah@designdimension.org
www.designdimension.org

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PRESS RELEASE

COOKING BUS MAKES A STOP AT THE URDD EISTEDDFOD



The Welsh Assembly Government *Focus on Food* Cooking Bus made a stop for the first time at the Maes at the National Urdd Eisteddfod this year.

Thousands of visitors saw the Cooking Bus in action when it was parked near Café Mr Urdd a stone's throw from the Croeso pavilion.

Every day the S4C chef Dudley Newbery, who has fronted the Dudley Cookery series for the past 12 years on S4C, was aboard the Bus judging the competitions and helping deliver cooking lessons to visitors at the Urdd Eisteddfod.

Dudley said: "The Cooking Bus has been a key factor in introducing cooking to the Urdd Eisteddfod this year, there has never been such a facility available that provides the necessary equipment and working environment. This fantastic facility will give young people a chance to experience handling and preparing food, teach basic cooking skills, and show youngsters that a healthy diet that doesn't mean boring meals.

"This initiative will also show parents and teachers how simple it really is to get children involved once again in cooking. I am looking forward to next year's event. All children can cook, they just need the opportunity."

The Bus was also the venue for cooking lessons for primary school children from Carmarthenshire. Pupils climbed aboard to have practical cooking lessons and learn more about nutrition and food hygiene. The youngsters were taught how to prepare and cook a number of tasty dishes including Caerphilly Salad, Red Alert Smoothie, Breakfast Muffins, Kaleidoscope Couscous, Bruschetta and Tuscan Tomato Soup.

And the finals of a cooking competition for youngsters aged between nine and 25 were held on board.

This *Focus on Food* Cooking Bus was commissioned by the Welsh Assembly Government to help take cooking skills into the community. Throughout the year it travels out to primary schools in the most deprived areas of Wales.

The Eisteddfod was the perfect showcase to tell more people about both the *Focus on Food* Campaign and the Welsh Assembly Government's commitment to improving cooking skills and healthy eating in Communities First areas through Health Challenge Wales.





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Anita Cormac, Director of *Focus on Food* said: “*Focus on Food* is the leading education support programme for cooking in the UK. The Cooking Buses are the flagships of our Campaign and deliver hands-on practical cooking lessons directly to schools and communities.

“It has been a real pleasure to be at the Urdd Eisteddfod and the response from the public has been fantastic. Plans are already well under way for next year’s event.”

Focus on Food Advisory Teacher Richard Shaw, who works on the Cooking Bus, said the event had been a huge success.

“It has gone really well. The Cooking Bus has attracted a lot of interest and everyone who has been on board has been really impressed,” he said.

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