

The Friendly Food Club

The Friendly Food Club is a not for profit organisation and since it started more than 10 years ago Tony who has taught thousands of disadvantaged people cooking skills. **Tony Gibbons**, a former teacher, designer, and restaurateur has a passion for food and a very engaging style with his demonstrating.

Our Mission

Extract from the Friendly Food Club Mission statement

“The Training & Learning Company Friendly Food Club programme supports and encourages low income families to take more control over the food they buy, eat and so often, waste. The workshops develop basic, transferable cooking skills, address budgeting issues arising from low income, lack of confidence and minimal cooking facilities, whilst developing a more informed approach to supermarket sales marketing methods.

Food safety, health and kitchen management issues are embedded in the workshops together with environmental and animal welfare concerns and an appreciation of where and how our food is produced.

Working with Children’s centres, and Primary and Secondary schools, our family workshops, help and encourage parents to work with their kids, have some fun in the kitchen and encourage an interest in food & cooking from the earliest age.

The Friendly Food Clubs themselves are made up of local parents, trained by TLC to develop and deliver healthy eating projects targeted precisely at the needs and wishes of their community.

This peer learning approach dispels much of the apathy often displayed by communities, often the most in need but suspicious of institutional interference.”