



Munchkins Kids Cooking Summer 2009 Newsletter

Summer Holidays: Here at Munchkins HQ we are really excited about the summer holidays! We've got 5 exciting week-long kids cooking courses planned, each on a different theme, and 2 'Funky Fruit' days at the end of July to kick off the summer holidays!

Organic Partnerships: Like last summer we will be working with our friends at Riverford Organic Farm Deliveries who will be providing us with seasonal produce, and sharing their expert knowledge of British organic farming! We will also be taking the kids to visit our local butcher, having a go at growing our own, and focussing on fair trade food. This is all part of our commitment to helping children understand where their food comes from, and the impact that their food choices have on the rest of the world....as well how to prepare and appreciate eating it!

New Initiatives: I'm particularly looking forward to the 'Healthy Food, Healthy Bodies' courses which we are running in August. We're collaborating with Gemma Burns, an experienced dance and physical theatre teacher who will be organising high energy games and martial arts-inspired dance activities to compliment the healthy eating messages that we'll be teaching.

Munchkins on tour with the BBC: We're really excited about working with the BBC this summer on their Dig In tour. The Dig In project aims to get people 'growing their own grub' and the Munchkins team will be touring the country during the summer holidays doing free open air cookery workshops for kids in city centres. Look out for us if you're out of London this summer. More information and tour dates and locations can be found on http://www.bbc.co.uk/digin/on_tour.shtml.

Balham Launch: We are very excited to be launching Munchkins in Balham this summer. Helen Jackson who is a primary school teacher and excellent cook will be heading up our Balham team, having trained with us in Blackheath. We'll be running some taster sessions over the summer holidays and then starting an after school club from September. If you have any friends in SW London do tell them about Munchkins!

Thank-You! As a small local business we value and depend on our loyal customer base, and we are really pleased that many of the same families who came to Munchkins 4 years ago when it started are still coming along, and are constantly being joined by new budding chefs. I don't usually go in for self-congratulating, but I am genuinely proud of what we do at Munchkins. All our events are planned and led to a very high standard by qualified primary school teachers. Most importantly we are sharing our enthusiasm for good food to a new generation of cooks and eaters, in an environment where they feel safe, valued and encouraged.

And we must be doing something right because in the last 12 months 2 new kids cookery businesses have opened in the Blackheath area. I believe that competition is healthy, but only when the newcomers bring original ideas and innovations (although I should probably take it as a compliment that they appear remarkably similar to Munchkins!!) I hope that the high standard of professional teaching at Munchkins, our 4 years of experience, the quality and variety of ingredients we use, and our commitment to making every child feel welcome and important sets us apart.

Thank you as always for your involvement with Munchkins Kids Cooking. We look forward to cooking with your kids this summer!

Joy