



Lisa with her cooks

My little chefs

Jessica Green talks to a woman who has found the recipe for a successful business teaching children to cook



WITH childhood obesity a worry for every parent, one mum is hoping to combine her business with the pleasure of encouraging youngsters to enjoy healthy eating.

Lisa Walters has founded Feed Your Future, running cookery classes for children to teach, promote and inspire a more healthy attitude to food.

Lisa travelled the world as head buyer for mail order clothing giant Cotton Traders before deciding to spend more time at home in Parbold, bringing up her two daughters.

During that time she had to cope with her eldest girl's severe food allergy and it made her more aware of the importance of a healthy, balanced diet.

She developed a keen interest in children's nutrition and, when her girls started school, Lisa began a course with Bolton Business Ventures before launching her business.

One year later, Feed Your Future is now thriving, holding classes after school, during the school holidays and, more recently, providing an alternative to the traditional birthday party, with children preparing the celebration feast before eating it.

'When I'm told that kids have gone home and have become more involved in food preparation and cooking, it makes it all worthwhile,' she says.

The classes are a haven for children and parents, where mess can be made and new tastes can be developed - even in fussy eaters. 'The kids get really involved in my classes, they do everything; make a mess, all the weighing and preparing of ingredients, even clearing up!' says Lisa.

The focus is for the children to enjoy themselves, but at the same time learn about a balanced diet. One of the key aims is to make a difference to the eating habits and attitudes without turning them into little obsessives. →



Says Lisa: 'When I was a child, we ate a healthy balanced diet, but we weren't aware of it. It was just how it was, and it wasn't made into a big deal. Now everyone is more conscious of diet.'

Perhaps this may go some way to explaining the success Feed Your Future has seen in schools across the region, especially with the Lancashire Healthy Schools Programme. Much of the inspiration behind Feed Your Future stems from the belief that many children no longer have as much opportunity to learn about food in the kitchen at home with busy working parents and so the chance for children to get entirely involved in a

class dedicated to cookery seems popular with parents and school heads. 🍷

For more information call 01257 463037 or log onto www.feedyourfuture.com