Andover Town Council

Appendix.

A report to **inform** members about MUNCH C.I.C and the service they offer which could benefit residents of Andover.
To **approve** plans to begin work on implementing community cookery sessions for Andover residents
To **approve** a budget amount from the Youth and 55+ budget lines for this project.

Produced for: Full Council	**By:** Community and Events Officer	**Date of Report:** 5th January 2026

Background

Following the Community and Events Committee meeting held on Wednesday 6th August 2025 (CE 059/08/25), a proposal was made for the Community and Events Officer to conduct further research based on the outcomes of a Youth Forum attended in June.
After researching various opportunities highlighted in that report—and considering the powers available to Andover Town Council—Officers identified four focus areas for further exploration. One of those areas was a Community Chef project which has been explored, and various providers have been investigated.
The most appropriate supplier, which is local to Andover, is a C.I.C and sits within a reasonable price point compared to another provider has been selected for members consideration.

In December 2025, Andover Town Council Officers, Andrea Harris from Test Valley Borough Council & Andover Food Partnership and Mary Needham for MUNCH C.I.C met to discuss the possibility of working together to create a community cookery project which would benefit residents from all walks of life within Andover.

Purpose

This report outlines the benefits of introducing a Community Cookery initiative for residents of Andover. The long-term aim is to improve community health, promote inclusivity around healthy eating, and provide opportunities to learn new skills, while also tackling social isolation.

Research and feedback from grassroots community organisations highlight a clear need for such a programme. By implementing this project, Andover Town Council can deliver community cookery on a much broader scale than currently available, ensuring greater reach and impact for local residents.

MUNCH C.I.C

Munch CIC are a social enterprise operating across Hampshire. They design and deliver food education and cooking workshops, where people learn about sustainable healthy eating, develop the skills and confidence they need to cook from scratch, build financial resilience, form friendships and strengthen support networks within the community. Munch CIC work with families on low incomes, young carers, adults with learning disabilities and older people who may be experiencing social isolation. They also work directly with children in schools and holiday clubs (HAF). Beneficiaries experience improved access to plant forward, healthy food. Outcomes from projects, include increased intake of dietary fibre amongst workshop participants, increased intake of fruit and vegetables, greater confidence and inclination to cook from scratch, improved financial resilience, improved mental health and feelings of well-being.
In 2025 they started developing a facilitator training programme, Munch Method, which includes the community cooking toolkit, an extensive resource designed to help organisations set up and run their own community cooking and food education programmes. The Munch toolkit covers everything from budgeting and funding to equipment lists and ideas for delivering focused food education sessions. Alongside the toolkit, Munch CIC run a half day in

person training course for facilitators and are currently developing bite sized online modules with a sharper focus on specific areas, such as funding applications. The Munch Method facilitator training is currently undergoing CPD accreditation assessment.

Vision and Cost

Munch with Andover Town Council.

- Munch to facilitate and deliver 2 x 3-week community cooking programmes with families at King Arthurs Hall.
- This will be an after-school club, families will be sign posted by the local school.
- Facilitators at King Arthur's Hall will run the club with Munch CIC. This way facilitators will build confidence to enable them to run future clubs (without Munch involvement).
- This covers two three-week cooking workshops at King Arthurs Hall *(20 families in total would attend and benefit)*

- 6-week community cooking project **£3386** (does not include room hire)
- Half day facilitator training (up to 10 facilitators) **£1202** (does not include room hire)
- Base equipment – community cooking KIT **£1266**

Recommendation

- **Review** and discuss the information provided in this report and its appendices. (sent under separate notice only to ATC Councillors)
- **Approve** the proposal for the Community Cookery Project to proceed.
- **Agree** a budget for the project and approve an amount to be earmarked from the Youth and 55+ funding provision, ensuring the project can benefit more than 20 families on a one-off basis.
- **Authorise** Officers to organise and deliver the project.

Documentation

Product Overview Document

Product Initiation Document

Legal Basis

Local Government Act 1972 s.111