



Andover Grub Club June/July '26 Impact Report





About

- **The Munch Community Cooking programme engages & empowers communities. It provides social, nutritional & local safety nets, by building the confidence of participants, developing individual life skills and boosting financial resilience. The Munch Method generates positive outcomes around disease prevention, loneliness prevention & enhanced well being.**
- **The Grub Club in Andover was a six week programme which was run as an after school club, on Mondays from June 1st at King Arthur's Hall. Families were sign posted to the Club from Knights Enham and Raymond Way Primary Schools. Due to an initial poor sign up this outreach was then expanded to schools within the wider community.**
- **Over the six weeks families built their skills and confidence in cooking from scratch and learnt new, easy to prepare, low budget, batch cook recipes to utilise again at home. Parents and children also learnt about the financial, environmental and nutritional benefits of cooking from scratch, as well as healthy hacks to boost their fibre intake, increase their plant food consumption and lower their intake of meats and processed foods.**





Numbers

	Families Signed Up	Families Attended
Week 1 (01/06)	6	1
Week 2 (08/06)	6	5
Week 3 (15/06)	10	8
Week 4 (22/06)	10	CANCELLED
Week 5 (29/06)	8	8
Week 6 (06/07)	8	CANCELLED
Extra Week (13/07)	6	4

- 10 families signed up for the Grub Club at King Arthur's Hall.
- Unfortunately 2 weeks had to be cancelled due to heatwave conditions above 30 degrees. We were only able to run one extra session due to other pre existing commitments.



Recipes

Ready, Steady Cook Stir Fry!

Choose your protein

Choose your veg

Choose your spice

Choose your sauce

Grab some noodles

TRY SOME NEW COMBOS!

CHOP

FRY (in this order: protein, veg, spice, sauce, noodles)

EAT & ENJOY!

Potato & Pepper Curry

Ingredients

- 1 onion
- 4 cloves garlic
- 8-10 new potatoes (or any potatoes you already have)
- 1 yellow pepper
- 1 red pepper
- 3 handfuls of kale or spinach
- ½ lemon (juiced)
- 2 handfuls dried red split lentils
- 1 tin of tomatoes
- 25g-50g creamed coconut
- 1 pinch salt
- 1 tsp turmeric
- ½ tsp fenugreek seeds
- 1 tsp garam marsala
- 1 dtsp sunflower oil

Method

- Firstly cut the potatoes into small bite sized pieces, place in a saucepan of hot water, bring to the boil and simmer for ten minutes, or until they are par boiled – they should still be fairly hard but easy to cut into. While they are boiling prepare your other veg.
- Peel and dice the onion and peel and grate or finely chop the garlic.
- De-seed the peppers and roughly chop into bite sized pieces.
- If you are using kale, cut the stalks out and then thinly slice/ thinly slice the spinach.
- Juice the lemon.
- Once the new potatoes are par boiled, drain over a sieve and then run a little cold water on them (to stop the heat). Place to one side.
- Now, add the oil to a medium sized frying pan or wide shallow saucepan. Place on the hob on a medium heat and heat the oil for one minute.
- Next add the onions, garlic, salt, turmeric, fenugreek and garam marsala, mix well and cook for two minutes.
- Then add the peppers, mix well so the spices coat the peppers, then add the paste, add the lentils then add half a mug of water, mix well.
- Cook for two minutes then add the tomatoes and coconut cream. Mix well and simmer on a medium heat for about ten minutes.
- Then add the potatoes, the greens and the lemon juice. Make sure all the veg is covered with the liquid, then turn the heat to medium low and cook for a further five minutes, stirring occasionally so nothing sticks to the bottom of the pan. Add water if necessary, throughout, ensuring the potatoes are always covered.
- Serve with rice and a little plain yogurt if desired.
- ENJOY! ☺

• WEEK 1: Chicken/ Chickpea Fajitas

• WEEK 2: Potato & Pepper Curry

• WEEK 3: Beef & Lentil Bolognaise

• WEEK 4: Ready Steady Stir Fry

• WEEK 5: Smokey Black Bean Burrito

Fajitas!

- Wraps
- 1 Pepper (or two halves of different colours)
- 1 large red onion or 4-5 spring onions
- 1 handful spinach
- 4-5 cherry tomatoes
- 1 chicken breast, thinly sliced (or you can use any other leftover chicken)
- Serving spoon frozen sweetcorn.
- Cheese of desired.
- 1 tsp Mixed herbs
- 2 tsp Cajun spice
- 100g plain yogurt
- ½ tsp dried mint
- Cooking oil

Method

- Thinly slice the peppers and onions and set aside.
- Cut the tomatoes in half and roughly chop the spinach.
- In a frying pan, heat about a dessert spoon of cooking oil, add the chicken (if raw) and fry on a medium heat turning regularly for about a minute (if you are using pre-cooked chicken you can throw this in at the end of the cooking process). Add the peppers and onions, mix well and cook everything together until the veg is soft and the chicken is cooked through.
- Finally add the cajun spice, mixed herbs, sweetcorn, tomatoes and

Cajun black bean burrito

(serves 1; double up ingredients as necessary to enjoy with others)

Ingredients – (you will also need tin foil for this recipe)

- 1 serving spoon Cajun black bean mix & 2 dessert spoon coleslaw (recipes below)
- 1 handful spinach
- 1 handful of rice (brown/white mix is best)
- 1 dash of hot sauce
- 1 small piece of cheddar cheese
- 1 large wrap (whole meal is best)

Cajun Black Bean

- 1 Onion
- 2 tsp Cajun Spice
- 1 tin of tomatoes
- 1 tin of black beans
- 2 cloves garlic
- 1 dtspn cooking oil

Method

- Peel the onion and finely dice.
- Peel the garlic and finely chop or grate.
- Heat the oil in a medium saucepan on a medium heat then add the garlic and onion and mix well. Cook for two minutes, stirring regularly.
- Then add the black beans and the Cajun spice, mix well and cook for two minutes, stirring regularly.
- Finally add the tomatoes, mix well. Turn the heat to low and cook for about ten minutes or until the beans are soft and there is minimal liquid left from the tomatoes.
- Mash roughly with a fork – not completely as you want to keep some of the texture.

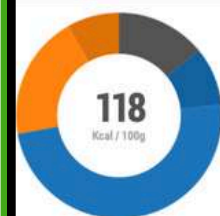
Coleslaw

- 1 red onion
- ¼ red cabbage
- 1 medium carrot
- 1 dtspn Mayonnaise
- 1 dtspn plain yogurt

Method

- Thinly slice the red cabbage.
- Peel the onion and finely slice.
- Peel, top and tail the carrots and grate.
- Mix everything together in bowl with the yogurt and mayonnaise.

CAJUN BLACK BEAN BUR



U Label values per 100g

	PER 100g	%RI	PER SERVING	%RI
Energy(kJ)	523 kJ	6%	2015 kJ	24%
Energy(kcal)	124 kcal	6%	479 kcal	24%
fat	3.7 g	5%	14 g	20%
of which saturates	1.1 g	6%	4.1 g	21%
carbohydrate	17 g	7%	66 g	25%

Bolognaise Serves 4)

Ingredients:

- 125g mince (ideally 5% fat)
- 2 small handfuls red split lentils
- 1 tin plum tomatoes
- 1 onion
- 1 small or medium carrot
- 3 cloves of garlic
- ½ red pepper
- 1 dtspn of mixed herbs
- 1 pinch of salt
- Dash of oil
- 1 tbsp of tomato paste (puree)
- Handful dried pasta per portion.

Method:

- Peel and chop (dice) the onion. Peel and grate the garlic.
- Top and tail, peel and grate the carrot.
- Deseed the pepper and dice quite small.
- Heat the oil in a frying pan and add the mince, add salt and mixed herbs, stir well and cook for about 2-3 minutes, or until the mince is browned on all sides.
- Add the onion, garlic, pepper and carrot. Stir well.
- Cook for about 3 minutes, then add about ¼ mug of water and mix well.
- Next add the lentils and stir well. (Using lentils is a great cheap way to bulk, or "stretch" the recipe and also make the dish more healthy and more sustainable). Cook for about two minutes.
- Then add the tinned tomatoes.
- Wash out the tomato tin with a little water, add to the sauce. Stir well and use a potato masher or fork to break down the tomatoes. Stir well and cook down for about 5 minutes.
- Finally add the puree, mix well through the sauce. Cook until the lentils are soft.
- ENJOY! ☺

Beef & lentil bolognese

EU FRONT OF PACK LABEL PER 100g

Each portion contains:

ENERGY	FAT	SATURATES	SUGARS	SA
80kcal 339kJ	1g	0.3g	4g	0.1g
4%	1%	2%	4%	2%

of an adult's reference intake 2000kcal/8400kJ

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NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	% RI* Per 100g
Energy	339kJ/80kcal	4%

100% said they felt improved mental health as direct result of attending our classes

100% of participants were more likely to cook at least one plant based meal a week

90% of participants thought more about making healthy changes to their diets

100% were more likely to cook from scratch at home

OUTCOMES

80% said they felt more financially resilient

90% ate more fibre

100% learnt at least one new skill/technique



Comments & Feedback



"A huge thanks for doing these groups. We really have learnt so much & I have loved spending quality time with with my son & seeing how much he's improved his focus & cutting skills. Keep up the good work!"

"I really enjoyed the cooking and seeing the kids learning new skills and trying new food"

"I used to buy a lot of jar sauces for convenience but [I have learnt] it is simple to do at home."

"The spag bol was so tasty, I will definitely be adding lentils and more veg to mine in future!"

"My children won't normally try new foods but have eaten burrito and stir fry here."

"The kids are more interested in cooking at home and we now cook different dishes from around the world."



Comments & Feedback



"Mary & her team are brilliant, very helpful & welcoming to everyone. We really enjoyed our cooking together as a family, trying new foods & new recipes."

"I loved watching the kids cook and enjoy what they made."

"I have learnt that adding more vegetables to things adds more flavour too."

"The girls are more interested in food and we are cooking together more at home."

"The girls have learnt new skills chopping and grating."

"We are definitely saving money cooking at home and less take-aways!"

"I have learnt to use water instead of more oil when cooking."



Comments & Feedback



"A really lovely initiative which has got the children excited to come along each week. And we have learnt a lot too!"

"We would never cook something like this at home but he loves it! So we will certainly be doing it again."

"I can't believe I'm cooking! Without an adult!"

"The children have tried spinach, black beans and lentils."

"I give it 100 out of 10!"

"I really appreciated how supportive you were in terms of making sure I could access your cookery in my wheelchair and how included I felt without feeling suffocated."





Thank You



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