Au Pair and Nanny cooking classes

Group classes

- I run group classes in October each year if there is demand.

- Usually take the format of 3 x 2.5 hour sessions 2 weeks apart from each other on a weekday morning.

- Includes food hygiene, basic child nutrition, menu planning, dealing with fussiness and hands on cooking

- Folder with lots of hand outs and info included and each week they are given recipes or meals to try before the next session.

- Certificate of completion given at the end.

- Cost - £200 per person for the course.

Individual classes

- Generally cover similar content but taking the nanny's ability, past experience and knowledge into consideration.

- Courses can be individually designed according to the needs of the family and the cooking ability of the nanny/au pair.

- Can include specific meals that the family would like the nanny to be able to cook and strategies to deal with any feeding issues the child has including allergies etc.

- The cost of these depends on how long and how many but as a general rule I charge around £60 an hour which includes ingredients, lots of hand outs and recipes to try between lessons.

- The usual structure would be 3 x 2 hour lessons spaced out fortnightly. Can be in my Crouch End kitchen or yours at a time to suit your nanny.

- If you know someone else with a nanny who is interested then lessons could be shared and would cost £70 an hour between two.

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'We hired Sam to develop our nanny, Alex's, understanding of nutrition and to develop her repertoire of meals for two very active young boys. It has been a resounding success. Alex is much more confident and adventurous and the boys have both given resounding thumbs up too. Alex clearly now enjoys cooking for them whereas before Sam's training, she saw it as a chore.' Jonathan, London

Let me know if you need further information!

Sam

www.happyeaters.co.uk