



WELLfed

Nourishing
communities
through food and
connections



What is WELLfed?

An award-winning adult-education programme based around food and cooking skills.

Our programme delivers a series of **hands-on cooking classes, held weekly** in the communities that need it most.

WELLfed Learners practice how to:

- Plan, shop for, prepare and cook low-cost, healthy meals
- Best use seasonal, fresh fruit and vegetables wherever possible
- Budget and find ingredients to get “more for your dollar”
- Apply safe food handling and storage techniques



"WELLfed has helped me open up so much as a person. Honestly this program has helped me so much - I just can't explain it all in words." - Eddie



Learner stories

"I used to hide myself at home, now I'm coming out more. I thought I was the only one in my situation." - *Eden*

"WELLfed has inspired me to be more confident with my cooking, to explore and don't be afraid. They help you not only with food, but emotionally and mentally they build you up to live a healthy and better you." - *Millie*

"Coming to WELLfed has been like taking little steps towards our future" - *Crystal*



"At WELLfed we don't walk alone, we all walk together. We all come from different walks of life, but we come together to cook and learn from each other." - *Merica*



92%

female / wāhine

88%

identify as either
Māori or Pacific peoples



30%

have 4 or more children
living at home



Our WELLfed whānau

WELLfed: connecting and nourishing communities through food



89%

eat 'more healthy'



78%

feel more connected to
the community



70%

spend less



89%

feel more confident

WELLfed Programme Outcomes

WELLfed: connecting and nourishing communities through food

*Participants own self-reported changes after being with the WELLfed Programme. Most were engaged with the programme for 6 months, some for 9 months. Survey Feb 2022



67%

now working, studying
or volunteering

100%

want to keep learning
new things



81%

went up a driving level



WELLfed Programme Outcomes - Next Steps

WELLfed: connecting and nourishing communities through food

*Participants own self-reported changes after being with the WELLfed Programme. Most were engaged with the programme for 6 months, some for 9 months. Survey Feb 2022



Contact us at:

www.wellfed.kiwi

 [WELLfedNZ](https://www.facebook.com/WELLfedNZ)

 [wellfednz](https://www.instagram.com/wellfednz)

 [wellfed-nz-trust](https://www.linkedin.com/company/wellfed-nz-trust)