

Cegin Prydau Plant

Pwrpas prosiect Cegin Prydau Plant oedd darparu cefnogaeth a mynediad at brydau bwyd i deuluoedd sy'n byw mewn ardaloedd o dlodi ac amddifadedd yn ystod cyfnodau gwyliau'r ysgol, trwy ddarparu darpariaeth hyfforddiant wythnosol i deuluoedd wrth goginio prydau maethol ar gyllideb.

Roedd yn darparu sgiliau i rieni/gofalwyr a'u plant sy'n byw yn ardal Aberteifi, y nodwyd eu bod yn ddifreintiedig yn economaidd; Gwneud dewisiadau gwybodus ynglŷn â darparu prydau bwyd cytbwys i'w teuluoedd, darparu cyfleoedd i rieni/gofalwyr a'u plant ddatblygu sgiliau paratoi bwyd a choginio, a dod o hyd i fwyd a chynhwysion yn wybodus ac o fewn cyllideb.

Canlyniadau

Mae prosiect 'Cegin Prydau Plant' wedi bod yn brofiad cadarnhaol i unigolion a'u teuluoedd. Roedd hyder y fwyafrif y cyfranogwyr mewn siopa, cyllidebu a pharatoi prydau bwyd ar gyfer y teulu yn cynyddu. Bellach mae gan un cyfranogwr yr hyder i goginio prydau bwyd o'r dechrau yn dilyn y rhaglen 10 wythnos, "Erbyn hyn, rydw i'n defnyddio bwyd cartref ffres o'r dechrau, mae'n llawer mwy blasus ac rwy'n gwybod beth sydd yn y pryd nawr".



Cyn cychwyn y prosiect roedd yn amlwg mai un o bryderon y rhieni oedd rhoi prydau bwyd ar eu bwrdd i'r plant oherwydd eu hanawsterau ariannol. Ar ôl y cwrs gorffen roedd y cyfranogwyr bellach yn wybodus am sut i goginio prydau iachach o'r dechrau ac ar gyllideb. "Mae bag o datws yn rhatach o lawer na phrynu sglodion wedi'u rhewi, ac yn iachach, dim ond ychydig bach o olew rydw i'n ei ddefnyddio bellach i'w coginio" dywedodd un Fam. Bydd y sgiliau caffaeledig gan yr unigolion o ganlyniad i'r hyfforddiant yn parhau i gael eu gweld a'u datblygu. "Cyn hyn, roeddwn i bob amser yn prynu sawsiau caws parod a darnau gwahanol. Roeddwn bob amser yn prynu dim y sawsiau oherwydd doeddwn i ddim yn gant y cant - a sawsiau cyri - ond nawr rydw i'n gwybod sut i'w gwneud o'r dechrau, ac maen nhw'n eithaf hawdd pan fyddwch chi'n gwybod sut."



Ar y cyflawn, bu dros 60 o deuluoedd o fudd i'r prosiect a pharatowyd dros 5600 o brydau bwyd. Mae 'Cegin Prydau Plant' wedi bod yn llwyddiant ysgubol gyda nifer o rieni yn nodi, ar ben arbed arian a dysgu sut i goginio pryd maethlon yn barod i'w fwyta gyda'r nos, roedd yn golygu gwario mwy o "amser o ansawdd gyda fy mhlant heb boeni am yr hyn rydyn ni'n mynd i'w fwyta heno."

Amlygodd gwerthusiad annibynnol nifer o argymellion i symud y prosiect yn ei flaen, gan gynnwys, ymestyn y prosiect i siroedd cyfagos, monitro ymhellach y nifer sy'n cymryd prydau bwyd a chynhwysion am ddim i gyn-gyfranogwyr, a thargedu cyfranogwyr gwrywaidd i ehangu graddfa'r gefnogaeth.

Cegin Prydau Plant - Holiday Kitchen

The purpose of the Cegin Prydau Plant project was to provide support and access to meals for families living in areas of poverty and deprivation during children holiday periods, by providing families with weekly training provision in cooking nutritional meals on a budget.

It provided parents/carers and their children living in the Cardigan area, identified as economically deprived with the skills to; Make informed choices regarding providing nutritionally balanced meals for their families, provide opportunities for parents/carers and their children to develop food preparation and cookery skills, and source and buy food and ingredients knowledgeably and within a budget.

Results

The 'Cegin Prydau Plant' project has been a positive experience for individuals and their families. The majority of participants' confidence in shopping, budgeting and preparing meals for the family increased. One participant now has the confidence to cook meals from scratch following the 10 week programme, "I now mostly use fresh home-made food from scratch, much tastier and I know what's in the meal."



Before the project began it was evident that one of the parental concerns was putting meals on the table for their children due to financial difficulties. Post course the participants were now well informed on how to cook healthier meals from scratch and on a budget. "A bag of spuds is way cheaper than buying frozen chips, and healthier, I now only use a little bit of oil to cook them" said one Mother. The skills acquired by the individuals as a result of the training will continue to be seen and developed. "Before, I'd always buy ready-made cheese sauces and different bits. I'd always buy the sauces because I wasn't a hundred percent – and curry sauces – but now I know how to do them from scratch, and they're quite easy when you know how".



Overall, over 60 families benefited the project and over 5600 meals were prepared. 'Cegin Prydau Plant' has been a resounding success with a number of parents noting that on top of saving money and learning how to cook a nourishing meal ready to eat in the evening, it meant spending more 'quality time with my children without worrying about what we're going to eat tonight'.

An independent evaluation highlighted a number of recommendations to take the project forward, including, extending the project to neighbouring counties, further monitoring of the take up of free meals and ingredients available to former participants, and targeting male participants to widen the scale of support.