



Case Study: Victoria Brodie

Background:

Victoria Brodie is the mother of two girls – Melissa aged 7 and Grace aged 6.

“I enrolled my children for the Purple Kitchen classes as I wanted to encourage a positive approach to eating and for the girls to experiment with the trying of new foods in a ‘neutral’ environment. I also hoped we would all gain confidence with the actual cooking side of things - as well as having a special one-to-one time away from home.

“As a parent, I was at a loss to know which way to turn for help and guidance to encourage the trying of new foods. The Purple Kitchen not only provided the practical things such as tools and the environment but their USP over other cooking classes was that Sally and Kate also offered warmth and understanding with each child and parent – which in turn helped everyone to experiment and conquer their fears.

“Since attending the Purple Kitchen classes we now grow our own tomatoes and a variety of herbs. Melissa loves the process of growing them – but she doesn’t eat them yet. But at least the growing is a start! When Melissa was attending the sessions she was more adventurous with food. Melissa still sticks to what she likes but I would say the barrier is not quite so high as before we started the Purple Kitchen. Grace not only attended the weekly classes but also attended the Play and Bake session with her father.

These are additional Purple Kitchen classes that either a working mum, father or carer can attend at the weekend. “They found these sessions really beneficial and enjoyable. Grace is very dynamic with her food choices.

“Since attending the classes, our Purple Kitchen binder has pride of place in our kitchen. Both girls love it when I suggest we cook something from it. Victoria also uses the folder binder for quick, nutritious meals that we can quickly make and we can all enjoy.”



Melissa (left) and Victoria Brodie at The Purple Kitchen