2025 / 2026

# Our Impact

Prept.

Charity No. 1190504

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# ‘Opening doors to a world of opportunities, through food’

Every child deserves the chance to discover the joy of cooking, the confidence that comes from creating something with their own hands and the opportunities that exist within the world of food. That's why Prept exists.

Over the past year we've had the privilege of working alongside thousands of young people, inspiring them through hands-on experiences with chefs, hospitality professionals, food businesses and farmers. Together with our schools, partners and supporters, we've seen first-hand how food can spark curiosity, build confidence, broaden horizons and open doors to future careers.

This report is our way of sharing some of those stories. Rather than producing pages of statistics, we've tried to explain what matters most, supported by the evidence we've gathered - with help from Brunel University of London - along the way. It's a snapshot of the difference we've made together, what we've learnt and perhaps most importantly, where we're heading next.

None of this would be possible without the generosity of hospitality businesses, the enthusiasm of teachers, the passion of our Chef Educators and the openness of every young person who has welcomed us into their classroom or joined us on the farm.

Thank you for being part of the journey. We're just getting started.

Jess & Dan - Co-Founders

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# The problem we solve

Too little food education.
Too many missed opportunities.

Less than 1% of Key Stage 3 teaching time is spent on cooking and nutrition.

95% of young people don't consider hospitality as a career.

Nearly 100,000 hard-to-fill vacancies across food and hospitality.

Around 1 million young people not in education, employment or training.

## Prept bridges this gap.

Using the power and expertise of food professionals to build young people's curiosity, confidence and skills to support a lifetime of better choices whilst opening their eyes to career opportunities.

* 1% of KS3 teaching time is spent on Cooking & Nutrition (Department for Education, 2025)
** 95% young people do not consider hospitality as a career (Caterer.com, 2022)
† 1 million young people are not in education, employment or training, while food and hospitality continues to face severe workforce shortages (IGD, 2026)

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# How does Prept open doors to a world of opportunities through food?







We believe that when children are exposed to food professionals and environments, it builds food curiosity, food confidence and food aspiration, the bedrocks of a long term healthy relationship with food. And importantly, it raises awareness of career pathways into the food professions, helping to create a pipeline of talent and a more resilient, exciting future for the industry.

Collectively we call these the Four Foods - Food Curiosity, Food Confidence, Food Aspiration and Food Futures - and they guide everything we do at Prept.

Through our in-class lessons where our professional chefs introduce exciting new ingredients and cooking techniques, to our farm-to-fork days where students meet the farmers and see where their food comes from, to our restaurant visits, careers talks and other immersive events - we seek to ignite a spark within every child, so that they too can fall in love with everything food has to offer.



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# The Four Foods

## Our Impact in 2025/26

### Food Curiosity



'I'm interested in trying new foods'

### Food Confidence



'I can cook my own food'

### Food Aspiration



'Food is fun and exciting'

### Food Futures



'I can imagine working in food'

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# Food Curiosity

A willingness to try new foods as a young person is associated with a better and wider diet in later life.

*"For children in a deprived school like ours, opportunities like this are incredibly valuable. It was wonderful to see them trying new foods. We also had lots of positive feedback from parents. Several commented that they were amazed their children had tried foods they would never usually eat, while others said their children came home excited to show them how to cook the recipes they had made. That enthusiasm carried on long after the sessions/trip had finished."*

– Kerrie Evans, Fairlight Primary and Nursery School



95% of teachers observed a greater willingness to experience new tastes and foods following the Prept programme.

Brunel University of London

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# Food Confidence

Higher levels of cooking confidence are associated with long term healthier food behaviours.

*"The recipe was scaffolded into discrete, achievable jobs so every pupil had a role they could succeed at - weighing flour, grating cucumber, mixing the seasoning through the veg, pressing out the dough. Pupils who needed hand-over-hand support with the knife in earlier sessions used the bridge and claw hold independently for the chunky dice, having watched Harriet beforehand. Some pupils worked at the hot pan with staff supervision and cooked their own flatbread — a first for them."*

– Hardeep Phull, Eden Girl's School



86% of teachers observed increased confidence in food preparaton following the Prept programme.

Brunel University of London

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# Food Aspiration

Food choice is influenced by how young people see themselves and the positive role it plays in their lives.

*"Prept has put food back on the map as it were, students now know that Food is serious and exciting. Prept/Harriet has given students more exposure to foods from around the world, they can see how dishes can be presented (as well as cooked) with that professional touch. It has created a real buzz around Food that students and staff are now recognising and valuing."*

– Vikki Goodridge, Stepney All Saints School



100% of teachers said pupils gained enthusiasm and interest in cooking as a consequence of interacting with Prept.

Brunel University of London

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# Food Futures

Exposure to chefs, farmers and authentic industry environments broadens awareness of future career pathways.

*"We have noticed broader aspirations around food and hospitality. Meeting Ellie has given our Year 10 students an opportunity to see food as a potential career pathway. Students have become more aware of the range of roles available within the hospitality and food industries and more confident in imagining themselves pursuing these opportunities. "*

– Gavin Bowles, The Angmering School



75% of teachers agreed the programme inspired pupils to explore careers in hospitality.

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# The year in numbers

6,115 Children inspired by Prept chefs
8,319 Plates of food produced
22,404 Vegetables chopped & tasted
1,950 Wellies worn
352 Sessions delivered
42 Farm to Fork days
277 In-school sessions
33 Community sessions


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# The Food

*"We choose recipes that take the children somewhere new - different flavours, textures, ingredients and techniques. Whether it's kimchi, laksa or a rendang, I want them to discover that cooking can be exciting, creative and much more adventurous than they might have imagined.""*

– Ellie Ledden,
Chef Mentor & Educator, Prept



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Example Sessions

# A glimpse into what we teach at Prept.

## Carbs of the World: Pasta, Rice & Everything nice

Discover the global power of carbs – from Italian pasta to Asian rice bowls and beyond.

## Global Grub: A world Tour on your plate

A flavour-packed journey exploring food cultures from every corner of the globe.

## Planet on a Plate: Eating Sustainably

How what we eat impacts the world – and how to cook with the planet in mind.

## Plate it like a Pro: Food Styling & Presentation

Turn your dishes into art – skills that matter in top kitchens and on Instagram










# Our Partners

"Food is one of the most powerful ways to explore the world, and through exciting partnerships with some of the UK's leading chefs, producers, cultural organisations and brands, we can shine a light on global gastronomy and food culture in a way that feels credible, exciting and genuinely hands-on.

Whether our partners contribute funding, ingredients, equipment, expertise or experiences, they become part of an ecosystem connecting young people with new cultures, new possibilities and real pathways into food and hospitality.."

– Luke Peachey-Thacker, Partnerships Lead, Prept



# Partnership Case Studies



## Korean Embassy

A landmark partnership in collaboration with Michelin-starred chef Woongchul Park and with kits subsidised by Kilner, to provide more than 500 children with an introduction to kimchi-making.



## Gastronomy Plus

Has pledged annually to fund the employment of our first North West-based Chef Educator, establishing a permanent regional presence for Prept.

# Partnership Case Studies




## Lockhart Catering Equipment

Prept is the charity partner and sole beneficiary of the Catering Innovation Show, while Lockhart serves as Prept's Official Catering Equipment Partner and Headline Sponsor of Prept's chef-led events programme.




## HIDE

Via an optional £1 donation on every bill, HIDE and it's customers have contributed in excess of £55,000 since the commencement of our partnership in June 2025.

"Not many kids are getting into the education pathways and into the industry...they want to learn but it's down to us to help train and guide them the right way. Hospitality can be a tough industry but there's amazing young people that want to work hard and to learn and we need them. It all starts here with Prept." – Josh Angus, Chef Director, Hide

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# Looking ahead

Our focus for the 2026/27 academic year will be;

## 1 Deepening our impact in Sussex & London and embedding operationally in Lancashire

We will do that by;

- More classes and more chef educators
- Increasing interactions with students in between sessions
- More communication with schools and parents to encourage ongoing engagement
- Recipes and materials for students to take home
- Launching an exciting programme for facilitating pathways into the food professions.

## 2 A resilient workforce and strong governance

We will focus on recruitment, training and retention and ensuring that everything we do is to the very highest governance standards.

## 3 Plan for growth

As we deepen our impact in our key areas of Sussex, London and Lancashire, we will start building toward the next phase of geographical growth.

## 4 Building evidence of our theory of change and measuring our impact

Engaging external academic partners to measure and validate the impact of the work we are doing.

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# Support Us

Britain faces significant challenges around children's relationships with food, health, aspirations and careers. Schools cannot tackle these challenges alone.

The food and hospitality professions have the expertise and opportunity to make a unique difference.

Whether you're a teacher, chef, restaurant owner, food producer or hospitality business, there are many ways you can help inspire the next generation and transform their relationship with food.

- Add an optional £1 to your bill for us
- Sponsor an event
- Host a visit
- Send us your vegetables
- Support a school

# Together, we can open more doors for more young people.

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