

**ПАПА
MEXICO**

working with

Just is:
Cooking Together



WHAT IS 'COOKING TOGETHER'?

'Cooking Together' is an initiative that runs one day workshops in prisons. People employed in a local business work alongside people who are in prison to teach them how to prepare a feast for the other people who live and work on their wing. The day concludes with the trained team serving the food they have made and everyone eating together.

WHAT DO PEOPLE SAY ABOUT 'COOKING TOGETHER'?

People involved in Cooking Together (prisoners and staff) have said:

'I thought that the whole communal dining was a great idea. It brought everyone together, lovely food. Look forward to the next one.'

PRISONER, DINING, HMP WAYLAND

'It was an enjoyable experience to cook some proper food. It was good to work as a team, learn a few new things about managing food. It was a good bonding session, with people from outside coming in to experience prison.'

PRISONER, COOKING, HMP WAYLAND

'Lovely to see the guys working together to produce some delicious and nutritious food for the wing. We all sat together to enjoy the food. It created a real buzz on the wing. Lovely.'

STAFF, DINING, HMP WAYLAND



WHY SHOULD PRISONS GET INVOLVED?

'Cooking Together' can:

- Promote a sense of community, preparing meals together and sitting down to eat together around a table.
- Provide low cost, creative, purposeful activity.
- Teach food preparation and food hygiene skills valuable in prison and outside.
- Provide insight into nutrition that can support a healthier lifestyle.
- Expose prisoners to a possible career post-release.

WHY SHOULD BUSINESSES GET INVOLVED?

'Being involved in our community in this way gives more meaning to the work of my staff and it exposes people in prison to a trade that is noble and useful and that they may have skills for. In both cases as a business I benefit from having people that find meaning and purpose in working for me and in the long run I help to create a qualified workforce.

I have found people in prison are keen to work hard given the opportunity. A successful business is where everybody benefits and I think this initiative is a good example of that.'

**LUIS NAVARRO,
NANNA MEXICO OWNER**

FOR MORE INFORMATION OR TO BOOK A WORKSHOP PLEASE CONTACT:

Luis Navarro:
Luis@nannamexico.com

Ruth Armstrong and Amy Ludlow:
justis@crim.cam.ac.uk

NANNA MEXICO

is a food business that takes seriously its commitment to serving our community. The business was born from the hardship of the Mexican streets and one woman's determination to support her family. Today it is committed to the same things she was: buy fresh, cook simple, waste nothing, and serve everyone. To us, this includes everyone in our community, including those in prison.

Just is: 

is an initiative that supports ventures seeking to provide innovative ways to forge positive social relationships. It aims to curate inclusive spaces of encounter, to enable connections and unlikely friendships and believes those connections to be individually, socially and institutionally transformative.