

BAKING UP EXCITEMENT FOR BROWNIES

Members of the Aberbargoed Brownies enjoyed a lesson which they described as ‘the best thing since sliced bread’ thanks to Brace’s Bakery.

Over 20 children learnt about Wales’ favourite baker, how bread is made at the state-of-the-art bread plant in Gwent, the importance of healthy eating and they also enjoyed a bread making demonstration - following a visit from Jo Bass, Brace’s school visitor.

Michelle Hughes, head of communications for the family baker, said: “We are committed to helping young people learn about healthy eating so they can make the right food choices for themselves.

“The school visiting programme is one of our initiatives and is proving to be extremely popular. This is a free workshop, designed to fit in with the national curriculum, and is available to all primary schools in the areas we serve. However, lately, we’ve had requests to run our workshop from various groups, such as Brownies and Scouts, and it’s gone down really well.”

Rebecca Walker, Aberbargoed Brownies young leader, said: “The visit from Jo Bass was a very enjoyable evening and the Brownies were very interested in the talk and the practical work, such as making the bread. The Brace’s workshop helped the Brownies learn about nutrition and hygiene and will count towards part of their cooks badge.

“Over the next month, the Brownies are going to be having a Fancy Dress Halloween Party and will also make 'a spell on you brew with witch hats' which was a recipe they were given by Brace’s. We are also taking part in National Apple Day on the 21st of October and British sausage week on the 3rd to the 9th of November.”

Each child received a certificate and information pack to take home which included a fun CD and worksheets.

Any primary schools wanting further information on Brace’s school visiting programme, or wish to make a booking, should contact Jo Bass on 01495 241400 or email jo.bass@bracesbakery.co.uk

For more information on Brace’s - the family baker - visit www.bracesbakery.co.uk

Picture: Jodie Bradfield Phillips and Milly Williams

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