

edinburghcommunityfood.org.uk

December 2012

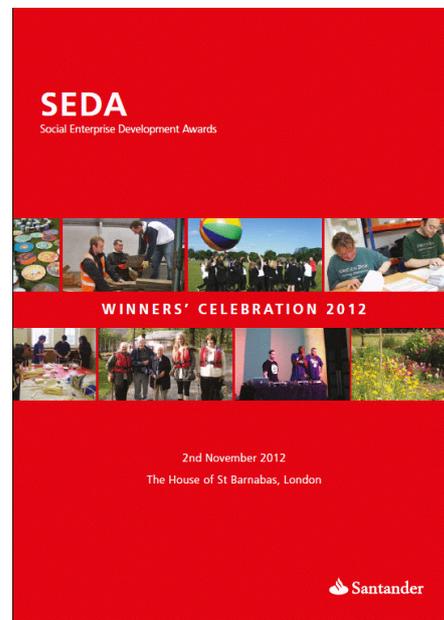
## Santander Social Enterprise Development Award

SEDA is an annual awards scheme targeted at established social enterprises looking to grow their business and working for the benefit of their community through improving social inclusion, supporting training and employment, or creating a greener environment.

The Awards feature three prize categories of £50,000, £30,000 and £15,000 for social enterprises with a turnover of up to £500,000. The Awards are open for entries every summer with a total prize fund of £2.3m distributed to around 70 social enterprises every autumn across the UK.

Edinburgh Community Food were one of three winners in Scotland receiving the £50,000 award. Alongside the prize money, winning social enterprises also receive access to support from Santander including mentoring programmes, funding for internships and university business courses and training.

The prize money will pay for cold storage and a van enabling us to expand the ECF enterprise services to the corporate sector.



### Christmas opening and closing times

Edinburgh Community Food (ECF) will be closed from Friday 21st December 2012 until Monday 7th January 2013.

Your last opportunity to buy your Christmas sprouts and parsnips will be on the following dates:

**Monday Food Coops = 17th Dec**

**Monday Hospital Outlet = Thursday 20<sup>th</sup> Dec**

**Tuesday Food Coops/Hospital Outlet = 18th Dec**

**Wednesday Food Coops = 19<sup>th</sup> Dec**

**Wednesday Hospital Outlet = Friday 21<sup>st</sup> Dec**

**Thursday Food Coops/Hospital Outlet = 20th Dec**

**Friday Hospital Outlet = 21<sup>st</sup> Dec**



### Little Leithers

Little Leithers aims to address health inequalities, in families with children under five in Leith. Parents are given the opportunity to redeem eight vouchers for fresh fruit, vegetables meat and fish, totalling £40, each month. Those on the project take part in a group engagement session once a month. The group sessions alternate between cooking and basic nutrition/health information workshops.

Our aim is to increase families' accessibility to healthier foods and improve understanding of the link between food and health.

The project helps expose families to new food and aims to encourage healthy eating and cooking at home from scratch. The group sessions support this by teaching basic cooking skills, discussing new recipes and sharing ways to overcome barriers to help achieve a balanced diet. The sessions are designed around the specific needs of the group, considering social skills, literacy, culture and confidence.

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admin@edinburghcommunityfood.org.uk or 0131 467 7326

## New women's healthy living group is the talk of Leith Walk

ECF has recently set up a new group for women in North East Edinburgh. The project is funded by the Small Steps Big Difference campaign, which encourages women to make small changes to lifestyle to improve overall health. We work together to discover what we need to actually do to build healthier behaviours into our lives. We cook healthy recipes, learn about budgeting when food-shopping, explore local food shops, as well as learning about nutrition. We also go on local interest walks to get active while learning about our communities. There has also been talk of adventuring along some of North East Edinburgh's cycle paths! Everyone's watchful of their spending these days, and this group is demonstrating that better health can be enjoyed without the need for an expensive gym membership.

Why not try the following?

- \* Watch your salt intake by adding herbs and spices to cooking instead.
- \* If you don't have time for breakfast in the morning, make sure you grab a piece of fruit instead.
- \* Get more physical activity by hopping off the bus a stop early.



## Supporting Volunteers to get good food into young children across Edinburgh

Children's early experiences of food are important in shaping good eating habits later in life and to support healthy growth and development. Our early years development worker delivers nutritional workshops to staff and volunteers working in early years settings or directly with families, based on the principles of the 'Nutritional Guidelines for Early Years' (2006).

Home Link Family Support recently organised a workshop for their volunteers to increase knowledge on key healthy eating messages for children under 5. They provide a variety of services to families with young children who are under stress or experiencing difficulties. The main of their service is a high quality befriending service which provides support for the whole family and is based in the family's home.

The nutritional workshop includes topics on - components of a healthy diet for young children, supporting fussy eating, healthy snacks, how to read and understand food labels, what is hidden in commonly eaten foods and resources available to support families. Volunteers found the workshop useful and left with ideas of how they can impart knowledge to the families they support, one volunteer commented 'I feel better prepared to offer information and handle questions'.

Whisky (25ml)	56
Gin and Tonic (150ml)	90
Rum & Coke	100
Wine (250 ml)	185
4% Lager (pint)	170
Cider (pint)	200
5% lager (pint)	250
Alcopop (275 ml)	200

### Christmas Drinks

The Christmas season is a great time for families, fun and food! It's also a time when many of us indulge in a wee yuletide tippie or two! In the run up to Christmas and beyond though it's so easy to over-indulge: office parties, Xmas nights out, family get-togethers and let's not forget Hogmanay!

It's not just the food and chocolates that contribute to our calorie intakes: it's also important to be aware just how many calories are in the different types of alcohol we consume. You may be surprised! Alcohol itself is very high in calories (1 gram alcohol = 7 calories) and alcoholic drinks have a lot of sugar added too (1 gram sugar = 4 calories). Have a look at the tables to the to get an idea of how bad our favourites really are.

Irish Cream Liqueur	160
Buttered rum	220
Mulled Wine	250
Eggnog	390

When enjoying ourselves this Christmas let's make sure we all do it sensibly, and just bear in mind all those calories! (\*All figures from NHS, BDA /Alcohol Concern & Drinkaware.)

Should anyone like a home/office **delivery on Friday 21st December** please have your order in by Wednesday 19th 11am and we can deliver before lunchtime on the Friday. All standing orders for normal delivery will resume on Monday 7<sup>th</sup> January, If you place an order please send them in by Thursday 20<sup>th</sup> Dec 10am.



ECF would like to thank all our customers, volunteers and hospital outlets for their continued support during 2012. Have a Merry Xmas and a Fruitful New Year

