



edinburghcommunityfood.org.uk

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Little Leithers Report Published

Edinburgh Community Food has published an extensive report of the Little Leithers Project which has been embedded in the organisation for over 5 years. Over time it has evolved and developed to an extremely high standard and is providing life-changing opportunities to the young families involved.



The Little Leithers Project aims to address health inequalities in families with children under five. The project is unique to the Leith Neighbourhood Partnership area and is applicable to families who are in receipt of the Government's Healthy Start voucher support scheme.

Funding is provided by the City of Edinburgh Council which secures twenty families for 12 months on the project. Funding is reviewed annually to cover voucher costs, staff time, resources and equipment required for the project.

The aim of the project is to increase families' accessibility to healthier foods and improve their understanding of the link between food and health. The project helps expose families to new foods and recipes, whilst reducing issues such as anxiety, confidence and cost.

Families taking part in Little Leithers attend 12 monthly group sessions, allowing them to learn about the relationship between food and health. Each month a separate topic is covered in depth and the learning activities are made fully interactive. Sessions alternate between nutrition workshops and practical cooking sessions to allow service users to practice new skills in a group supported environment. At the end of the cooking sessions, service users can eat together to help address social inclusion and confidence building.



How could your community benefit from this model being rolled out in your area? Download a copy of the report on our website edinburghcommunityfood.org.uk

Edinburgh Community Foods AGM

Edinburgh Community Food's Annual General Meeting was held in March at the Café Camino on the 19th March. The day celebrated and showcased ECF's achievements over the year as well as dealt with official AGM business. ECF was privileged to have a number of clients speakers from community groups describing the positive experiences that they had, being involved in ECF run groups and training. The day was a great success and was well attended.

For any information about ECF's work or the official financial report referred to at the AGM you can read the full evaluation report by visiting our website: edinburghcommunityfood.org.uk to download a copy.



ECF's Talk of the Walk Project.

Talk of the Walk was a free women's programme run by ECF focusing on walking, gardening, healthy cookery, budgeting and getting to know your local shops. Participants worked on increasing physical activity, understanding and implementing nutritional and healthy eating information, gaining experience in the kitchen and learning about unhealthy fad diets. The project was well attended and highly successful and enjoyed by all participants.

To find out more information about the project visit our website: edinburghcommunityfood.org.uk

Free subscription: contact ECF to get your newsletter direct to your inbox
admin@edinburghcommunityfood.org.uk or 0131 467 7326





Community Cafes are on the Map!

Edinburgh Community Cafes can now be located on a handy pocket sized map! The map was one of the first ideas of the network when it was formed in 2011 and so it is with extreme pleasure that Edinburgh Community Food are distributing on behalf of the networks.

The map places each café and lists its contact details and opening times. There is a colourful and comprehensive key for each cafes features such as if it has free wifi, exhibition space or children's play facilities. Pick one up from your local community café today!

ECF is also delighted to announce the up and coming **Edinburgh Community Cafes conference**. The event will be a celebration of community cafes with guest speakers and workshops to take part in. The event will be held on the 8th of August in central Edinburgh (venue details and booking details to be confirmed).

What Our Development Team

Can Offer:

Nutrition Training for Staff

We can offer staff training sessions in a format that suits you. This might be at a staff meeting or a special pre-arranged session. Sessions can be anything from a series of 30 minute slots to a full day's training.

These sessions cover:

- ◇ How to get a healthy balanced diet & our five-a-day fruit & veg portions
- ◇ The role of fats, salt and sugar in our diet and their effects on our health
- ◇ How to maintain energy balance
- ◇ Menu planning, budgeting & label reading
- ◇ Food and mood
- ◇ Good hygiene in the kitchen
- ◇ Practical tips for making healthy changes to our diet

We make the sessions as interactive as possible and each is specifically designed for you and your organisation.

Contact us for any further questions or to arrange a visit from one of Development team on 0131 4677326 or email ImcLellan@edinburghcommunityfood.org.uk



Edinburgh Community Food Joins Business Network International



In May ECF became a member of Business Network International which is hugely successful business networking referral organisation.

Now we have a hundred or more fellow members promoting what we do and making referrals for us it will help us become a more efficient and successful organisation !

Here is a photo of ECF's BNI representative Karen Miller Enjoying a Presentation Skills



Homemade Oatcakes

100g/4oz coarse oatmeal

1 tbsp oat flour or plain flour

100g/4oz fine oatmeal

1 large knob of margarine

Tip the oatmeal and flour into a mixing bowl. Melt the margarine then stir into the oatmeal. Gradually add enough hot water to form a stiff, smooth dough. Roll out small balls of the dough and flatten with your hands to form cakes. Heat a large non-stick frying pan over a medium heat then

add the oatcakes, in batches if necessary, and cook for 8-10 minutes on each side, or until golden-brown on both sides.

Serve immediately.

