



getting people into healthy food, and healthy food into people

edinburghcommunityfood.org.uk

November 2013

## FEEDING the 5,000 - Capital joins fight against FOOD WASTE



Edinburgh has hosted its very first **Feeding the 5,000** event in Bristo Square on the 5th October. Staff and volunteers at Edinburgh Community food joined top chefs from around the city – including **Iglu's** Charlie Cornelius - armed with chopping boards, peelers and pans, to show that **wasting** food is NO LONGER ACCEPTABLE! The **best** thing to do with food that's going to waste is to eat it!

Each chef worked with a team of volunteers to create a dish using

ingredients donated from local allotments. **Well over 4,950 portions** (!) of delicious food were served including our **Beetroot** and **Coriander Vegetable Curry**, a vegetable pearl barley risotto and autumn harvest soup with kale crisps.

The event, organised by **Edible Edinburgh**, was held to raise awareness of the food agenda, highlighting the fact that Scots throw away about **566,000** tonnes of food each year. Everyone was

invited to contribute to the wider discussion about food **waste**:

- *How can we make Edinburgh a more sustainable city?*
- *How can we ensure that healthy and locally sourced food is available for everyone?*

The day was a massive success and will hopefully contribute to a bigger conversation about what kind of food strategy we would like to see introduced in Edinburgh in the coming years.

## FEEDING the 5,000!



Turn over for the recipe!

## CANNY FAMILIES – Eat Well and Stay Warm for Less!

ECF are working with **Changeworks** and **Citizens Advice Edinburgh** to deliver an exciting new programme which helps families with children deal with rising energy/food costs. The project involves a programme of free cooking courses across Edinburgh. Focusing on a different topic each week, people will learn practical cooking skills – making **affordable** and **healthy** family meals - and will also learn about **nutrition** and how to reduce food waste! People will also get advice on staying **warm**, affordably, from **Changeworks**. The programme is open to parents with children under 16. To find out more contact Stephanie:

0131 467 7326 or [sscott@edinburghcommunityfood.org.uk](mailto:sscott@edinburghcommunityfood.org.uk)



### ORDER YOUR ECF CHRISTMAS HAMPER NOW!

We are now taking orders for our **Xmas Hampers!**

Our hampers include a selection of **dried cranberries**, mixed **nuts** and **raisins**, **dates** and **jams & cranberry** sauces from the excellent Craigie's Farm! Also available – a wide selection of gift-wrapped *chutneys*, *jams* and *Xmas sauces!*

**Get in touch now!** (contact details below)



Free subscription: contact as at [admin@edinburghcommunityfood.org.uk](mailto:admin@edinburghcommunityfood.org.uk)

or call us on: 0131 467 7326



## Do your REHIS Training Courses with ECF!

ECF offer Food Hygiene & Food and Health courses at the best prices!

Do you work or **volunteer** as a Food Handler? Do you **serve** food? **Prepare** food? Do you **cook** at home? Looking for work and want to improve your **CV**? Already have Elementary Food Hygiene certificate but need a refresher? Or, want to know more about **nutrition** and **healthy** eating?

### Upcoming dates:

Food Hygiene: **Jan 29<sup>th</sup> & 30<sup>th</sup> 2014**

Food and Health: **March 3<sup>rd</sup> & 10<sup>th</sup> 2014**

Contact **Jane** to book your places now!

[jscott@edinburghcommunityfood.org.uk](mailto:jscott@edinburghcommunityfood.org.uk)

ECF also offer other training courses:

- **Food & Mood**
- **Training for Trainers:**  
**Older People's Resources**

**The Willow** project, run by the **NHS & Sacro**, offers a wide range of services to women in the criminal justice system. Women come along 2 days a week for a specially prepared lunch and also get to learn all about health and nutrition from **ECF** staff member Dagmara! All our recipes are easy to prepare, nutritious and affordable. Service users learn about menu planning, budgeting, healthy food options and the effects of different nutrients on health.



### Favourites at The Willow this Autumn:

- **Gnocchi and Tomato Bake** – no-one had tried *gnocchi* before and were surprised how cheap & **easy** to prepare they were!
- **Lentil Soup** – the old time **fave** served with whole-grain bread: fabulous on a cold day!
- **Pasta with Tuna and Tomato** – a really **quick** and tasty meal rustled up from cans and packets in the store cupboard.
- **Ratatouille** – used for a vegetable pie, a great example of a very **versatile** meal!

## From our CHIEF EXECUTIVE

Within the **Third Sector** the challenges of organisation finances and securing funding are never far from our thoughts. Having joined **ECF** in November 2008, when the organisation was in a precarious funding and financial position, I am pleased to say that this month represents my *fifth* anniversary as Chief Executive.

Much is still to be done and you could become an '**ECF Champion**' by encouraging others to buy from us. **All profits** generated from our sales enable us to continue our work in communities, making **Edinburgh** a *healthier place*.

## Feeling inspired by Feeding the 5,000? Try Iglu's Veg Curry!

- 2 tsp **oil**
- one **onion** – chopped
- 2 tsp ground **coriander**
- 3 tsp ground **cumin**
- ½ tsp **chilli** powder or **paprika**
- pinch of black **pepper**
- 500ml **stock**
- 1kg mixed root **veg** e.g. carrots, potatoes, swede, and beetroot - chopped to the same size
- 2 tbsps of tomato **puree**

### Serves 4

1. Fry **onions** in oil on a med heat until they are see-through
2. Add **coriander, cumin, chilli** and **pepper** and fry for 3 minutes
3. Add root **veg** and **stock**
4. Add tomato **puree** and stir. Top up with water until it just covers the veg and bring to the boil
5. Slowly simmer until the **veg** are cooked - about **30 mins**, depending on how small they are diced
6. Serve with brown rice and a dollop of natural yoghurt

*Delicious! How can 5,000 people be wrong?*

