



getting people into healthy food, and healthy food into people

edinburghcommunityfood.org.uk

March 2014

ECF Launches New Products



ECF is delighted to announce the launch of our exciting new products.

We have herbal **teas** from Mama Tea & Miss IntegriTea, speciality rapeseed **oils** and **dressings** from Gusto, a selection of **oatcakes** from Stockan's and new nuts and seed mixes. We also have a gourmet curry spice mix from Deema's and new jams too.

Why not come along and see our new-look hospital co-ops!



Looking for something for **Mother's Day**? Why not get one of our beautiful hampers? Order from Karen at email below.

Meet Steven – Our Newest Recruit!



5-a-day... Affordably

The Government advises we all eat *at least 5* portions of fruit & veg each day. People often tell us that they find it difficult to make sure that they are eating their '5-a-day' as fruit and veg can be expensive. Here are some tips to help you to meet the guidelines affordably:

- Save money by buying from ECF. Or check our website to find our nearest co-op.

- Vegetables nearing their best before date are often reduced. Use for soups or to bulk out curries, stews and stir fries.

- Most supermarkets have extended their basic ranges to include 'ugly' fruit and veg. They may look a little imperfect but are just as nutritious & tasty.

- Frozen or tinned fruit and veg are just as good as the fresh options and are cheaper to buy.

- Dried fruit is often cheap.

Come Along to Our AGM – 1-3pm Monday March 17th

Don't spend your lunch-break in the office. Join our team for a feast of information, food and discussion.

- Lashings of hearty soup & delicious wraps
- Presentations, discussions and healthy eating tips
- Sample our new product ranges
- To book a place contact Karen on 0131 467 7326 or kmiller@edinburghcommunityfood.org.uk



Just Eat More
(fruit & veg)



FREE SUBSCRIPTION: contact as at admin@edinburghcommunityfood.org.uk

or call us on: 0131 467 7326



Have you got a budget for spending on Health Promotion?

It's getting near to the end of the financial year and you have something left in the budget and you want to use it. It could be used for staff health and wellbeing and promoting a healthy workforce. Why not talk to us about using it for a health programme delivered by a member of our specialist nutrition team here at Edinburgh Community Food or about us supplying your workforce with our high quality, competitively priced, healthy fresh fruit?

Men's Cooking at Leith Academy

Edinburgh Community Food, with funding from Community Food and Health (Scotland), are running a ten week long nutrition and cooking group for men. This course focuses on healthy eating on a budget and includes not only a place on a REHIS Food Hygiene course but also a funded trip to a supermarket where participants will practice label-reading and make healthy choices. Interest has been really high and participants have been learning all about healthy eating and cooking from scratch. So far they have made dishes including mince and tatties, healthy curries and fresh pasta (from scratch!)



'It was great to meet everyone and I had a good time'

'The soups are delicious'

'That was a lot of fun. I enjoyed it'

'I learned a lot, I'm definitely gonna try that at home'

- 500 g lean **pork**, cubed
- teaspoon **mustard**
- pinch of dried **sage**
- pinch of dried **thyme**
- black **pepper**
- 1 large **onion**, chopped
- 2 large cooking **apples**, peeled cored, sliced & soaked in water
- Juice of ½ **lemon**/ or tbsp lemon juice
- 4 tablespoons of **water** or apple juice
- 4 large **potatoes** peeled, boiled and mashed with **milk**

Pork, Apple and Potato Pie

Serves 4

- Heat oven to 180°C/Gas Mark 4
- Put the **pork** into a large casserole and mix with the **mustard, sage, thyme** and **pepper** to taste. Add the **onion & apple** slices and mix.
- Pour over the **water** or apple juice, cover with a lid and bake for 1.5 to 2 hours until **pork** is well cooked and soft. Add more liquid if necessary.
- Remove the lid then spoon the mashed **potato** on top. Cook in the oven for about 20 minutes until potato is browned.
- Serve with a selection of **vegetables**.

