



getting people into healthy food, and healthy food into people

@EdinComFood  
edinburghcommunityfood.org.uk

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## Healthy staff, healthy workplace



or a mixture of the two. Topics we cover include: how to get a balanced diet, healthy office lunches, sugar/salt/fat, food & mood, label reading, plus more.

Initial sessions are **free** of charge.

Please contact us at the email address below.

Some of our fun & informative healthy eating activities

Are you a corporate client? Did you know we can offer you and your staff **lunchtime lectures** on a variety of nutrition and healthy eating topics? These sessions can be PowerPoint-based, activity-based,

## Free Cooking with Canny Families

Open to **all** parents with children aged 16 or under. Learn practical skills, how to make **affordable & healthy** meals & reduce food **waste**. Crèche provided!

### Upcoming Courses

- **Viewforth Early Years Centre**, Wednesdays 9.30 – 11.30am from 22<sup>nd</sup> October
- **Valley Park Community Centre, Southhouse**, Fridays 9.30 – 11.30am from 24<sup>th</sup> October
- **Leith Academy**, Thursdays 9.30 - 11.30am from 30<sup>th</sup> October

*“Everybody should really try and do it... it helped in a way that I think that all the parents should get a chance to do it in Edinburgh”.*



## Strawberry Season!



ECF sells strawberries for £2.28/400gr.

The **strawberry** season is in full swing with the finest being locally grown Scottish ones! Currently ours come from **Blacketyside Farm** in Fife but later on they'll be even more local: from **Craigie's Farm** in South Queensferry. Not only delicious, strawberries are very high in antioxidants & vit C and have smaller amount of lots of other vits and mins.

## Healthy Food Bank Development

We welcome Dagmara Lukowiec to the post of Food and Health Development Worker to develop the Healthy Food Bank project.

The project will make “healthy food packs” available to those referred, along with access to a fruit and veg voucher scheme, support, training and information.



**FREE SUBSCRIPTION:** Contact as at [admin@edinburghcommunityfood.org.uk](mailto:admin@edinburghcommunityfood.org.uk) or call us on: **0131 467 7326**



## Meet the Staff – Early Years Expert Gail



*In a new series we will be meeting the team behind ECF and finding out what they do, starting with our Early Years expert Gail...*

### What does your job at ECF entail?

My role at ECF is to manage the **Little Leithers** project which aims to address health inequalities in families with children under 5. The project – run over a year - helps expose families to new foods and encourage healthy eating and cooking at home. Parents are entitled receive **£40** a month in vouchers to be used in local Leith shops as part of the course. I also jointly run the **Food, Health and My Child** project which incorporates both early year's nutrition and practical cooking skills within Early Year's centres across Edinburgh.



### SUMMER FRUIT TART

#### Ingredients:

##### For the base:

- 150g plain **flour**
- 75g **butter**, cubed
- 2-3 tbsp cold **water**

##### For the filling:

- 125g reduced fat cream **cheese**, beaten
- 1 tbsp icing **sugar**
- 1 drop of **vanilla** essence
- 2 tbsp **Greek Yogurt**
- Choice of **fruit**, sliced

##### For the glaze:

- 1 tbsp **apricot** jam
- 1 tbsp **water**

1. Put the **flour** and **butter** in a bowl and rub together to make fine crumbs.
2. Make a well in the centre and add enough **water** to bind dough together. Try not to work the pastry to much or it will become sticky. Wrap **pastry** in cling film and put in fridge for 20 mins.
4. Meanwhile, mix cream **cheese**, icing **sugar** and Greek **yogurt** in a bowl. Cover and place in the fridge.
5. Place pastry on a **floured** surface and roll out to the size of the tart dish. Carefully place the pastry inside the dish making sure to push right down to the sides of the dish. Line inside of the pastry with greaseproof paper and pour on some **baking beans** (or dried lentils or broth mix). Bake for 15 minutes.
6. Meanwhile, slice **fruit**.
7. Remove pastry from oven and remove **beans**. Return to oven and bake for 2-3 minutes. Cool **pastry** case for 5 minutes then remove from dish. Chill in fridge for a 10 minutes.
8. Add filling to cases and arrange the **fruit** gently (so it doesn't sink in too much) on top.
9. Heat **apricot** jam and **water** in a small pan until loose.
10. Glaze **tarts** with the mixture using a pastry brush. Place the tarts in the fridge and chill at least for 2 hours.

### What is the best part of your job?

The best part of my job is the wide variety of things I get to do. Although the bulk of the job is working in the community teaching basic cooking skills and discussing **nutrition** there are also other aspects involved such as delivering training, lunchtime **lectures**, writing nutrition articles and developing new resources.

### How did your career in the third sector begin?

After I finished my MSc I was offered a position in Dundee as a Volunteer Development Worker which gave me some starting experience working at a grass roots level in the community. My main passion however has always been **nutrition** which ultimately led me into this position.

### How long have you worked at ECF & how has your role developed?

I have worked for ECF for nearly a year now. Initially I was taken on to manage the **Little Leithers** project. However, I have now expanded my role to incorporate other Early Year's work such as Food Health and my Child.

### What skills and attributes are required for your role?

Self-motivation, organisation, being non-judgemental, the ability to engage and empathise with people, a positive approach, ability to communicate effectively, networking skills and being able to work as part of a team.

### Tell us a random fact about yourself...

I once picked 12,000 figs while living in Australia.