



getting people into healthy food, and healthy food into people

edinburghcommunityfood.org.uk

January 2014

ECF's Healthy Steps for the New Year



It's that time of year again when we're setting New Year's resolutions in a bid to shed those extra pounds and boost our health. With so much contradictory information and difficult to follow diets, it's easy to feel overwhelmed and quickly become discouraged. Setting small goals for the year ahead is much more realistic and achievable than making radical changes to your diet or exercise regime. Simple changes have been shown to have long lasting results.

Here are a few suggestions to start off the New Year on the right foot:

- **Make a healthy eating schedule** – Planning out meals and snacks in advance will not only keep you on track health-wise, it could also save you money by avoiding last minute dashes to the supermarket
- **Swap fizzy drinks for water** – Fizzy drinks hold no nutritional value and are full of sugar which if consumed in excess can contribute to weight gain and ill health. Opt for mostly water, herbal teas or milk.

- **Switch to wholegrain carbs** – Wholegrains (oats, wholemeal bread/pasta/rice) are digested slower, keeping you fuller for longer & preventing snacking between meals.
- **Reduce the amount of salt you add** – Use herbs, spices and garlic to add flavour instead.
- **Get moving** – You don't need a gym membership - try making small changes like climbing the stairs at work, walking to work or getting off the bus a couple of stops early.

TONY SINGH TRAINS ECF



Turn over for the recipe!

Canny Families Big Success

The first two Canny Families groups have been very popular. We learnt practical cooking skills and how to make healthy, affordable family meals. Chilli con Carne, Minestrone Soup, pitta bread pizzas and homemade burgers were amongst the participants' favourites. We also looked at ways to make use of leftovers and reduce food waste with recipes such as leftover curry, pasta salad and vegetable frittata.

"I learnt lots every session. I took away new skills and had more knowledge about cooking and food". Others reported making changes at home: "I only make one meal for everyone instead of different meals for the kids", "I am using fresh and local food more", "I have been planning meals ahead and freezing leftovers to save money" and "by writing a shopping list and sticking to it my shopping was £25 cheaper than the week before".



FROM OUR CORPORATE CLIENTS

ECF deliver fruit, vegetables and milk to a variety of business clients around the capital. Here's what they say: **"The fruit delivery went down a storm – they all loved it – looking forward to next month's delivery"**. **"We're very happy with the service we get."**

If you are interested in getting healthy food for your staff get in touch at the email below. *Healthier employees make for happier employees, who will work better.*



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

or call us on: 0131 467 7326



Big Lottery – Support & Connect

ECF have been successful in an application for £98,272 to develop a healthy food bank project. We will implement new ways of dealing with food poverty and engage with people in hardships about healthy eating and nutritional information.



Community Co-ops in Edinburgh - CHEAPEST PRICES & EVERYONE WELCOME

Abbeyhill Co-op	Abbey Court, 10/14 Abbey Str., EH7 5XN	Mon 9.15am – 11.30am
Balerno Co-op	St Joseph's Centre, 2 Main Str., EH14 7EH	Tues 10am – 12pm
Broomhouse Co-op	1 Broomhouse Market, EH11 3UU	Mon Fri 9am – 12.30pm
Gate55 Co-op	Sighthill Rd., EH11 2LA	Wed 10am – 12pm
Gorgie Farm	51 Gorgie Rd., EH11 2LA	Mon Fri 9.30am – 4pm
Inchpark Food Co-op	Inchpark Community Centre, 225 Gilmerton Rd., EH16 5UF	Wed 9.30am – 1.30pm
Lochend Co-op	The Hub, 198 Restalrig Rd., EH7 6DZ	Tues 11am – 2pm
The Pleasance Co-op	Kirk O'Field, 138-140 The Pleasance, EH8 9RR	Every second Thurs 10.30 – 12pm
Richmond Co-op	Richmond Church, 227 Niddrie Mains Rd., EH16 4PA	Thurs 10am – 2pm
Fabby Food Store	West Pilton Neighbourhood Centre, 19 W. Pilton Grove, EH16 4PA	Tues 10am – 2pm

- 1 tin chopped tomatoes
- 1 tbsp tomato puree
- 2 onions finely chopped
- 4 cloves garlic, sliced
- 2 tsp ginger paste
- 2 green chillies, sliced
- ¼ tsp turmeric
- 1½ tsp chilli powder
- 1 tsp garam masala
- 3 tsp chana masala powder
- 1 tsp cumin seeds
- 5 potatoes, chopped
- 1 cauliflower, chopped + leaves
- 1 tin kidney beans

Tony Singh's Vegetable Curry

Serves 4

1. Heat dash of oil in pan & add **cumin** seeds.
2. When seeds splutter add chopped **onions** & fry until turning brown.
3. Add the **garlic** and **ginger** and fry briefly
4. Add the **spices** and cook for another min
5. Add **tomatoes + puree** and cook for 5 mins
6. Add all the **veg** and **chillies** and 400ml water. Bring to a boil and then simmer. Add more water if required and cook until veg is soft.
7. Add the **kidney beans** + heat through, then garnish with chopped **coriander** and serve with **brown rice**.

