



getting people into healthy food and healthy food into people

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February 2015

ECF Annual General Meeting

Monday 23 March 2015
Time: 1pm – 3pm (lunch at 1.15)
Out-of-the-Blue,
 36 Dalmeny Street, EH6 8RG

On the Menu of the day:



Lashings of soup and delicious sandwiches;



The expansion of the ECF premises and the social enterprise;



Showcase of the work of the Food and Health Development Team; Celebrating success.



Please join us
RSVP

Seasonal Produce: KALE

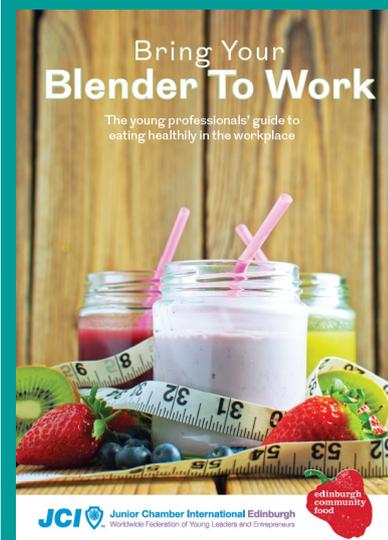
Kale is a versatile and highly nutritious relative of cabbage. It is very high indeed in vitamins A, C and K and has a good array of minerals too. However, kale is also a fantastic source of many types of flavonoids, compounds which have antioxidant and anti-inflammatory benefits in the human body. Kale may also help support the body's natural detoxification processes. Kale grows very well in our cool climate all year round. ECF sells kale at £2.28 per kilo.

KALE:

cheap and *highly* nutritious



ECF & JCI Launch Healthy Eating Book



ECF's Iain Stewart & Karen Miller

JCI Edinburgh have pledged to support ECF in 2015 and we have been working together to produce this great 28 page healthy eating in the workplace booklet. It contains lots of nutritional advice plus some simple and healthy recipes. It was launched at the recent annual JCI Burns Night meal which raised £558 for ECF.

HEALTHY FOOD BANK FEEDS 123



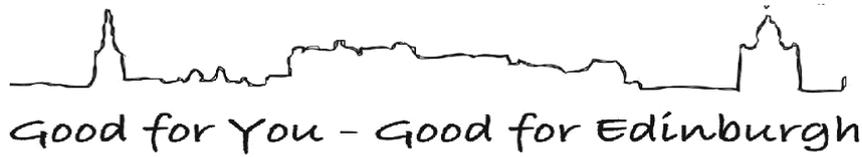
ECF's Food Bank, featuring nutritionally balanced food packs including fresh fruit and veg, has already fed 123 people between Nov 2014 & Jan 2015. Helping to fight hunger while promoting health is what makes our food bank unique and popular with both referral agencies and the people who use it.

FREE SUBSCRIPTION: Contact us at

admin@edinburghcommunityfood.org.uk

Or: 0131 467 7326





MEET THE STAFF - CHIEF EXECUTIVE IAIN STEWART

THIS MONTH we meet ECF's Chief Executive Iain Stewart



What does your job at ECF entail?

My role is to provide overall management and leadership for ECF, develop the Business Plan and secure funds.

What is the best part of your job?

The people I work with. The staff, Board of Directors, managers from other third sector organisations and colleagues in the Public

Sector. I also enjoy hearing about the great work that the ECF staff do.

How did your career in the third sector begin?

I had worked with the voluntary sector throughout my career in local authorities in Scotland and England as well as through my own consultancy business. However, ECF is the first time I have worked in the third sector.

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

I began working at ECF in November 2008 with a remit to guide ECF through a particularly tough review and reorganisation period.

This included Board recruitment, the establishment of the social enterprise, re-branding and repositioning of the organisation.

What skills and attributes are required for your role?

I suppose the answer to this one is—where do I start! There are so many aspects to the role and every day is different. The main thing is to be flexible.

Tell us a random fact about yourself?

Well, as everybody knows, I am a Hearts season ticket holder but I also like sailing, photography and am learning Spanish. *Has-ta luego.*

New Cooking & Nutrition Groups

COOKING UP A STORM!

ECF will be running three new cooking & nutrition groups over the winter in South East Edinburgh: a women's group in Craigmillar (in partnership with Carr-Gomm); a group open to all ages (with Garden Globe) in Niddrie and an older men's 8 week course in Gracemount.

Corporate Health Sessions

Nutrition & Health Sessions

ECF staff have been busy this winter delivering presentations to many of our corporate customers, including: Toshiba, Manor Estates, JCI, Sandisk and Creative Scotland.

Love these sessions.

Very enjoyable and informative.

This is the kind of information everyone should have access to!

Learned a lot, thank you!

NUTRITION NEWS—Does Vitamin C Prevent Colds?

Vitamin C is a widely available nutrient which has several roles in the body: as an antioxidant; for making connective tissue; assisting enzymes; helping us to absorb iron. It is perhaps most famous for allegedly warding off the

common cold, with many different preparations available, from chewable kids' sweets to mega-dose effervescent tablets.

However—and this may surprise you—over 60 years' worth of research has failed to find a link between taking C and preventing colds! The

best that can be said is that regular consumption may *slightly* shorten the duration. High doses may even be bad for us, potentially leading to flatulence and kidney stones.

ECF advise that we get all our nutrient requirements from food. If you do supplement,

however, try not to exceed the recommended daily allowance (40mg/d for adults).

NOT JUST ORANGES...

Peppers
Kale
Kiwi
Berries
Peas
Tomatoes

Broccoli
& more...



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