



getting people into healthy food and healthy food
into people

@EdinCommFood

Edinburghcommunityfood.org.uk



April 2015

NEW ECF PREMISES—EXPAND & GROW



Our Expanded Warehouse

and increase the numbers of deliveries of affordable, fresh fruit and vegetables to both our corporate clients and to private

Edinburgh Community Food has now doubled in size!

We have recently taken over the next door warehouse and are currently undertaking renovations. This will allow us to grow the enterprise side of the charity

households.

The new premises will be fully operational from the 27th of April!

If you would like to find out more about our home or office deliveries please get in touch at the email address below.

Seasonal Produce: RHUBARB

Technically a vegetable, **rhubarb** has long been a favourite in the UK and is most commonly used in desserts. It is a good source of blood-clotting vitamin K and calcium, along with several anti-oxidants. Go for red stems as they contain more vitamin A than green ones. Rhubarb is easy to grow and lives for many years. Beware, however, that the leaves are toxic and should not be eaten! During WWI they were recommended as a food source and there were numerous cases of poisoning. However, one would need to consume 5kg of the bitter leaves for a lethal dose. Please get in touch for our latest prices.



In Brief: DEVELOPMENT NEWS

Our development team have recently delivered 8 sessions on a variety of nutrition topics to parents of children at **Dalry Nursery School**.

Staff will be running 3 informal food hygiene at home sessions for older people, in partnership with Senior Welfare Organisation, **Milan**.

Our **Healthy Food Bank** has—by the start of April—fed nearly 300 people! We are now running menu planning and budgeting-focused cooking courses for recipients of the healthy food packs.

We would like to extend a warm welcome to the new addition to our team! **Tracy Courtney** joins Operations Manager Karen in the front office and will be assisting with the administration of ECF, along with helping out at our Fruit & Veg Hospital stalls.

ECF 2015 AGM GREAT SUCCESS

We would like to thank everyone who came along to our **AGM at Out Of The Blue Drill Hall** and helped to make it such a great success.

Attendees heard from one of our participants about the

positive effects learning about cooking and nutrition has had on her. Our placement student described her varied experiences with us and the audience also heard about Food Poverty and our Healthy Food Bank.

People got a chance to take part in several of our fun nutrition activities, including those around sugar, getting a balanced diet and our brand new dietary fibre resource.



ECF Chief Exec makes his address

For **FREE SUBSCRIPTION & all other enquiries** please contact us at:

admin@edinburghcommunityfood.org.uk

Or call us on: 0131 467 7326

MEET THE STAFF - Chris Mantle

THIS MONTH we meet ECF's Senior Development Worker: Chris Mantle



organisations, delivering lectures to our corporate clients, training people in REHIS Food Hygiene and doing bits and bobs of communications work, such as writing this newsletter!

I also run cooking and nutrition courses, most recently for men with learning

What does your job at ECF entail? My role includes over-seeing our dynamic team of hard-working development staff, running nutrition training sessions for public sector and charity

organisations, delivering lectures to our corporate clients, training people in REHIS Food Hygiene and doing bits and bobs of communications work, such as writing this newsletter!

disabilities and for older men. **What is the best part of your job?** I really like the diversity of the role—there's never a dull moment. But it's the people who really make the job, both my colleagues and other professionals but especially the service users we work with. You get to meet so many interesting people from such diverse backgrounds. After running an 8 week course you can get quite attached to the folk who come along and I'm always sorry to say goodbye to them!

How did your career in the third sector begin? It began when I started volunteering with ECF in 2007 whilst still studying Nutrition at QMU.

How long have you worked at ECF &

how has your role developed? I've been a development worker here for over 4 years now, initially supporting community co-ops and running courses. However, the role has expanded to include all the areas I've mentioned above.

What skills and attributes are required for your role? I think it's really important to be a people person, to be non-judgemental, sympathetic and to listen as best I can. It's also useful to be able to explain fairly complex subjects in easy to understand and interesting ways.

Tell us a random fact about yourself? I'm a big music fan & a bit of a vinyl junkie. I also write music—with 6 records out so far—and very occasionally play live.

DIETARY FIBRE - Not just to keep us regular!

Dietary fibre is a key part of a healthy balanced diet.

However, most of us do not consume enough of it, with average intakes well below the 18g daily target!

But why is fibre so important?

- Keeps us regular & helps remove bodily waste
- Helps reduce cholesterol, risk of heart disease, strokes, bowel cancer, diabetes
- May help lower blood pressure

- Keeps us fuller for longer helping us to maintain a healthy weight
- Provides food for healthy gut bacteria
- Helps relieve diarrhoea & constipation

Where can we find fibre? All wholemeal/wholegrain foods, fruit and vegetables, oats, pulses, nuts and seeds.

How do we increase our intakes?

- Swap white bread, rice and pasta for tastier whole-

meal alternatives

- Include more oats in our diet
- Include fibre in every meal
- Choose whole fruit rather than fruit juice
- Go for highly nutritious lentils, beans and other pulses
- Try going 'veggie' several days a week



Try to **increase** the amount you eat slowly to reduce the risk of bloating and stomach cramps. Drink plenty of water to help the passage of the fibre in the gut.

If suffering from **constipation** we should increase fruit, vegetable (and water) intakes and lower wholemeal/wholegrain foods.

If experiencing **diarrhoea** we should do the opposite! Adults diagnosed with any type of bowel disorder should consult their **GP** about fibre intakes.