

## ECF TO STOCK NĀKD & EAT NATURAL BARS



Coming soon: nākd bars

ECF will soon be stocking a range of nut, fruit & cereal bars from Nākd and Eat Natural, many of which are gluten and dairy-free. These treats are a healthier alternative to chocolate bars, with lower sugar content and all natural ingredients. Enjoy as part of a healthy balanced diet.



'Sue' came along to one of our year-long Little Leithers cooking and nutrition courses. She tells us how the course benefited her:

*It was a break for me to be away from everything & just come & cook, learn & mix with people I'd never met before who just take me as they see me—I've improved my confi-*

*dence. The biggest challenge was salt, having to cut down I was like, 'how am I going to eat that!?' but then you grow to appreciate the taste of food.*

*I'm feeling much healthier & now I've lost so much weight, I feel great. Last Saturday I made hummus for the kids & I got carrots and they were happy with that! But before that it'd be like, 'you want us to eat that, really?!'*

## NEW WESTERN GENERAL OUTLET

We are now running a second fruit and vegetable stall at the **Western General Hospital**. Our long running stall in the Oncology Department has



NEW: Out Patients Stall

been so successful we have branched out into the **Out Patients Department!** Pop on down, have a chat with our lovely salesperson Sher and pick up some fresh and tasty produce, locally sourced where possible.

The Oncology stall runs every Monday & Thursday from 8am to 2pm. Out Patients runs each Thursday from **8.30 to 1pm**.

We look forward to seeing you!

## Seasonal Produce: Asparagus

### RECIPE: Cod with Asparagus (for 2)

**INGREDIENTS:** 1 cod fillet, cut into 2 pieces, 1 bunch asparagus, bases removed, 2 spring onions, sliced, 2 tsp dried basil, tsp minced garlic, 1 1/2 tsp minced ginger, 2 tbsp soy sauce, 2 tsp olive oil, black pepper, baking paper.

**METHOD:** Preheat oven to 220°C. Set two large pieces of parchment paper on baking tray. Set a piece of cod onto each piece of paper. Place asparagus & spring onion on each piece of fish. Top with equal amounts of basil, garlic, ginger, soy sauce, olive oil, pepper. Close up the parchment paper to make two little packages. Bake for 15 minutes. Serve with whole-meal bread.

ECF sells asparagus for **£1.89 per bunch**.



## In Brief: ECF NEWS

ECF is running a new cooking & nutrition course at Richmond Church, Craigmillar, in partnership with Carr-Gomm.

Our **Healthy Food Bank** has—by the start of June—fed over 420 people. We have been running successful healthy eating, menu planning and budgeting-focused cooking courses for recipients of the healthy food packs.

Do you work in **accountancy, law** or **human resources**? Would you like to join our dynamic board and play a role in this exciting charity? Please get in touch at the email below!

## MEET THE STAFF - Warehouse Supervisor Tommy

**THIS MONTH** we meet ECF's experienced Warehouse Supervisor: **Tommy Miller**



**What does your job at ECF entail?** I'm a hands-on Supervisor so I'm involved on a day-to-day basis of packing orders, delivering orders, buying all the produce, dealing with customers

and quality is best!

**What is the best part of your job?** When we deliver to a new customer and we get feedback that the produce was great: my job as a buyer is more satisfying. I know I'm doing a good job, buying the right produce at the right time & price.

**How did your career in the third sector begin?** I started at ECF in 2001 as a driver and packer.

**How long have you worked at ECF & how has your role developed?** This is my third stint at ECF. In 2001 I worked as a driver-packer. Then I left to work for the council before returning in 2008, again as

a driver-packer. Finally, in 2011 I returned once more, becoming warehouse supervisor.

**What skills and attributes are required for your role?** I think it's really important to have good customer skills, good product knowledge and good fruit and veg seasonal knowledge. It's also useful to have good organisational skills and people-management skills.

**Tell us a random fact about yourself?** One of my main hobbies is collecting antiques, mainly glass and ceramics. I'm also a qualified ceramic tiler but at the tender age of 52 it's not so easy on the knees!

and all forms of paperwork. Buying is really important: we need to get the produce when the flavour

## PHYSICAL ACTIVITY—For Health & Happiness

**PHYSICAL ACTIVITY** is a really important part of our well-being but in the UK we don't get enough of it. What we eat is vitally important but physical activity also plays a big role in keeping us healthy. Sadly, we are not meeting recommended guidelines of just 30 mins a day, five days a week.

Maintaining a healthy weight is really important for helping to reduce chronic diseases like Type 2 Diabetes by up to 50%! Physical activity has also been shown to help low-

er blood pressure and cholesterol, reducing the risk of heart disease and early death by 30%. Exercise will not only strengthen our bones but also helps improve our mental health.

More than this, regular exercise is a great way to meet new people and make new friends. Such social activity is also important for good mental health.

**How much do we need?**

Adults should aim for **150** mins a week. It doesn't have

to be marathon running though! To an extent all movement is exercise. However, the best types raise our heart rate and make us breathe faster, such as walking briskly or running. We should also aim to do some activity which strengthens our muscles, such as body weight resistance exercises (push-ups, planks, lunges or squats), yoga or even heavy gardening like shovelling.

For a healthy balanced lifestyle try to build exercise into your daily routine!

- Try getting off the bus a couple of stops early, walking to work instead of driving or even just go for a stroll on our lunch break
- Take the stairs instead of the lift whenever possible
- Turn household activities like gardening or housework into exercise
- Join a local sports club to get exercise and make new friends