



getting people into healthy food and healthy food into people

@EdinCommFood Edinburghcommunityfood.org.uk



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ECF RECRUITING NEW BOARD MEMBERS



SOME OF THE ECF BOARD

INTERESTED IN CONTRIBUTING TO THE WORK OF ECF?

We are looking to recruit additional Board members. The Board meets once per month on a Wednesday evening from 6pm.

The key responsibilities of the Directors include governance, strategy, finance and employment. The Board have an important role in ensuring

ECF continue to deliver the **healthy eating**, **cooking** and **nutrition** programmes in the community. Board member, Claire Hider, talks about the role here:

www.edinburghcommunityfood.org.uk/news/board-recruitment

If you would like to find out more please contact **Iain Stewart**, Chief Executive, at the email below.

SUGAR TARGETS DOWN—FIBRE TARGETS UP

DAILY TARGETS FOR SUGAR SLASHED BY HALF

The UK government has just slashed the daily targets for sugar intakes by half. Adults are now recommended to consume *no more than 30 grams* a day—roughly 6 tsp/7 sugar lumps—of ‘free sugar’. Drinking just a single 330ml can of juice will now push us over this limit!

While sugar has long been associated with tooth decay and diabetes type 2, government scientists now agree that it also leads to weight gain, overweight and obesity.

‘Free sugar’ is any sugar added to foods by manufac-

turers, plus those in honey, fruit juices, smoothies, syrups and of course table sugar. Sugars found in whole fruit and in milk *are not* included in this.

However, other (complex i.e. wholegrain) carbs are still a vital part of our diet, partly due to their being a rich source of fibre.

FIBRE REQUIREMENTS INCREASED

Current average fibre intakes are 18g/day but the government has increased the target to **30 grams** a day. Dietary fibre helps reduce cholesterol and risk of bowel disorders, heart disease, strokes & some cancers. Good intakes also help to manage diabetes 2 and to maintain a healthy weight.

Food sources include: fruit, veg, all wholegrain foods and pulses.

NEW DAILY SUGAR TARGETS

- 4-6 yrs: 19g/4tsp
- 7-10 yrs: 24g/5tsp
- 11+ yrs: 30g/6tsp

NEW IN STOCK: Nut Bars & Spices

We have added several new lines to our range of healthy foods. ECF are now stocking a selection of **Nakd** and **Eat Natural** bars, plus a selection of herbs and spices from family-run firm **Green Cuisine**. The bars are priced at 85/90p and the spices at £1. Available to order now or pop along to your nearest hospital fruit and veg stall.



NEW ECF PRODUCTS

In Brief: ECF NEWS

ECF has developed a new addition to our range of leaflets, this time on **Dietary Fibre**. We go to print soon so keep your eye out for it and learn all about this crucial and health-giving part of our diet.

We were sad to say goodbye to **Dagmara Lukowiec** who has been with us as both a volunteer and a staff member since 2010. Dagmara has worked on a variety of projects over the years, including the WRAP food waste resource, our Older People’s Eating for Health and Wellbeing resource and most recently our Healthy Food Bank programme. We wish her all the best in her future role!

ECF are setting up nutrition and cooking groups in the west of the city in partnership with **Edible Estates** and are also now working with families at **HMP Edinburgh Visitor Centre**.

MEET THE STAFF - Operations Manager Karen Miller

THIS MONTH
we meet ECF's
dynamic Operations
Manager:
Karen Miller



What does your job entail? As the Operations Manager at Edinburgh Community Food I have a variety of responsibilities, including office management, finance and social enterprise sales.

staff and I also have an Operations Assistant.

What is the best part of your job? Everyday is different and there's never a dull moment! I enjoy the responsibility and the challenges that come with such a wide-ranging role, plus meeting people and making new contacts.

How did your career in the third sector begin? I was looking for a career change due to having had twin boys.

How long have you worked at ECF & how has your role developed? When I started at ECF 13 years ago it was as a part-time admin/finance assistant. I then had a year in each department growing my knowledge

of the different healthy eating projects. I was promoted five years ago to Operations Manager to help the social enterprise fruit and veg distribution side of the charity evolve further into the corporate world, and to promote health in the workplace.

What skills and attributes are required for your role? As there are so many parts to my role and we're often very busy (especially on Mondays!) the skills I really need are managerial skills, assertiveness, excellent time management and a good sense of humour :)

Tell us a random fact about yourself? I spent a year as a volunteer working with the children's panel.

I'm responsible for 11 staff members: six paid warehouse staff, two government-funded staff, two sales

Homemade HUMMUS

Serves 2 as a dip.

Prep: 5mins.

INGREDIENTS

- 1 x 400g can of unsalted chickpeas, drained
- 2 tbsp rapeseed/olive oil
- Juice of 1 lemon/1 tbsp lemon juice
- 1/2 garlic clove, crushed
- 1/2 tsp ground cumin
- 1 tsp tahini
- 1 tsp paprika (optional) (will change the colour of hummus)
- Tbsp boiled water
- Pinch pepper to taste

METHOD

Put all the ingredients into a blender or food processor and blend into a smooth paste. Alternatively, if you are feeling strong, mash all the ingredients together using a potato masher. Garnish with whole chickpeas. This can be served with warm wholemeal pitta bread, oatcakes or vegetable batons. It also makes a really healthy spread for sandwiches.



Easy to make: HUMMUS

Chickpeas are cheap, nutritious, filling and can be added to many meals, including curries, north African dishes, stews, soups and salads. They have lots of vitamins (especially B6 and folic acid) and minerals (especially manganese) but are also a great source of protein and fibre. While shop-bought hummus is widely available it is fun and very easy to make one's own and many people say it tastes even better. Indeed, why not experiment with the flavours?