



Good for You - Good for Edinburgh

May 2017 Newsletter

take & make DIY meals

Meal kits are reinventing the way we shop, cook and eat but in a positive, healthy way. They offer busy people & families exactly what's required to cook meals without the hassle of shopping or leftovers.

We at Edinburgh Community Food have developed eight healthy and affordable meal packs (incl. soups, stews, chillis and curries). Our **take & make DIY meals** have everything you need to make delicious, nutritious meals.

Our packs are vegetarian & have everything you need to make complete and delicious meals. Meat and fish can of course be added!

To order your **take & make DIY meal** packs email:

or-
orders@edinburghcommunityfood.org.uk

Packs may be picked up from collection points or delivered free of charge (minimum £15 order; Edinburgh & surroundings areas only).



We have developed 4 soups and 4 main meals which are great value for money as well as healthy, nutritious and delicious. Each **take & make** bag has all the ingredients for 4 portions.

Our soups are:

- Curried Leek & Tattie - £2.90
- Spiced Lentill - £2.50
- Sweet Potato, Red Pepper, Coconut & Chilli - £4.00
- Tasty Tomato & Bean - £2.70

Our main meals are:

- Moroccan Spiced Butternut Squash & Chickpea with Couscous - £5.20
- Thai Green Vegetable Curry with Rice - £7.00
- Spiced Tomato Sauce with Pasta - £4.50
- Veggie Bean Chilli with Rice - £6.30

For more information about orders, deliveries and pick-up points please contact Karen Miller on:

T: 0131 467 7326 or

Email: kmiller@edinburghcommunityfood.org.uk

Pay it forward

While we at Edinburgh Community Food are doing our utmost to keep the costs of these bags as low as possible, we know that some of our customers still can't afford to buy fresh ingredients to cook delicious healthy meals. That's why we at ECF are running a '**pay it forward**' scheme for our take & make DIY meals. For every £1 donated, we'll sell a DIY meal pack for £1 cheaper to someone who will really appreciate this.

The meal pack will look exactly the same as those sold on our stalls or delivered to people's homes. We believe that access to food is a basic human right, and furthermore, we believe that this food should be nutritious and delicious. If you would like to help with this please get in touch or donate at our stalls or through your order with us.

Contact:

admin@edinburghcommunityfood.org.uk





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Allergy Awareness Training

ECF is now offering the REHIS-accredited Allergy Awareness training course. This is a professionally and nationally recognised certificated course which aims to raise awareness of issues around allergies, coeliac disease & intolerances and of how to cater for sufferers in a variety of contexts.

Who is this course for?

Restaurants, cafes, community cafes, hotels, nurseries, schools, community centres, carers, hospitals and anyone working in the provision of food.

9.30-1PM, June 14th, in central Edinburgh. For more information and to book a place please get in touch at: admin@edinburghcommunityfood.org.uk



REHIS Elementary Food Hygiene

A professionally and nationally recognised certificated course which provides training in the principles and practice of good food hygiene.

This course is designed for all food handlers working in all aspects of the food industry, including: catering/ licensed trade, food production and processing industries, restaurants and cafés.

Our courses are competitively priced at £55 per person, including course materials and certificate on successful completion of the course.

Next courses:

- 17th May 2017 - 9.30 - 5.00pm
- 17th / 18th July - 9.30 - 1.00pm
- 25th / 26th / 27th September 2017 - 6.15-8.30pm
- 6th / 7th November 2017- 9.30 - 1.00pm
- 11th December 2017 - 9.30 - 5.00pm

Syrian Refugees

Edinburgh has been welcoming Syrian refugees for some time now. This year Edinburgh Community Food have been working with Edinburgh Council to support and assist a number of refugees in setting up food businesses.

With the able assistance of interpreters and a specially translated exam paper ECF has trained ten Syrians, all experienced caterers, in the Royal Environmental Health Institute of Scotland Elementary Food Hygiene qualification.

Several are now volunteering at Edinburgh social enterprise Breadshare and ran a pop-up stall selling sweetmeats and pastries (which we can confirm are absolutely delicious!)at the regular Indoor Food and Craft market at the Biscuit Factory at the end of April.

TOILETRIES FOR FOOD BANKS

We at Edinburgh Community Food have teamed up with Edinburgh's Basics Bank Food Banks to collect and distribute toiletries to help people in Edinburgh. We are looking for corporate partners and their staff to donate toiletries. Edinburgh Community Food can then organise collection and distribution to Basics Bank food banks in the city.

We are looking for kind donations of feminine hygiene products, shaving foam, razor blades, shower gel, soap, shampoo, toothpaste, toothbrushes and deodorant.

If you are interested in helping out please get in touch admin@edinburghcommunityfood.org.uk

All donations gratefully received!



Contact:

admin@edinburghcommunityfood.org.uk

