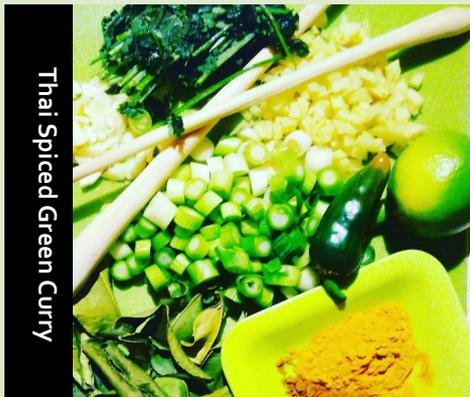




Edinburgh Community Food Spring Newsletter

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:

orders@edinburghcommunityfood.org.uk

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

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?



REHIS

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

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 will also be running a pop-up stall selling sweetmeats and pastries* at the regular Indoor Food and Craft market at the **Biscuit Factory** (the next one is at the end of April). For more info please visit:

<http://www.edinburghlarder.co.uk/socialenterprise/>

**Which we can confirm are absolutely delicious!*

Wester Hailes Community Food Shop

Do you live in the **Wester Hailes** area? Why not pop down to the **Community**



Food Shop? We offer soup packs & five-a-day bags of fruit for just **£1**, plus oats, dried fruit, lentils, recipe ideas, healthy eating advice, free tasters and more!

Every **Thursday** from **11-2pm**, Wester Hailes healthy Living Centre.

Contact:

admin@edinburghcommunityfood.org.uk





Good for You - Good for Edinburgh

One Needs to Eat Well

Ever increasing numbers of us do not live in a traditional nuclear family and don't need to cook for four. Whether we be students, single people or retired many of us live alone and as a result need both affordable ingredients and recipes for one. We *do* know that people who live alone don't eat as well as others. This may be due to a variety of reasons, such as lacking motivation to cook a hearty meal when it's 'only for me' or feeling that cooking from scratch is dearer. Or it might be due to not having confidence in the kitchen.

It often feels as if all recipes and the packaged foods we buy are solely geared towards families and cooking for larger groups. The vast majority of recipes are for four or more people and small, single-person food packs are more expensive, weight for weight, than family packs. Larger packets and multi-buy offers can be often great value but they mean we need plenty of storage space and must be on the ball when it comes to using up produce before it goes off.

Firstly, let's start off on a positive note: being alone can be a great opportunity. We don't need to cook for anyone else's tastes and can prepare and eat just what we want (as long as it's healthy!). Have we spent the last 40 years making the same few meals over and over again because that's all our spouse would eat? Perhaps we catered for a fussy child? Or worse: we might have been making two or three separate meals each night for various picky family members. There is such a rich world of food to explore and now we are free to do so. The internet, charity shops and public libraries are full of recipes and cookbooks.

Secondly, living alone doesn't mean we must eat alone. We can make a point of cooking for others, such as friends, neighbours and relatives.

Shopping for one. Although not a suitable tip for everyone it can be a good idea to shop little and often, especially near closing time. Not only can we get those end-of-the-day offers but it's also easier to pick up small amounts of exactly what we need for that evening, rather than overbuying. Multi-buy offers and large packs of food can be very tempting but if we're not confident we can store them or use them up we should resist!

Having said that, if we have a freezer we can take advantage of certain offers. It used to be said that we had to freeze foods on the day of purchase. That's changed now, however, and we can freeze what we buy at any point up to its use-by date.

Budgeting. Healthy cooking can be not only affordable but also cheap. Certain ingredients are low-cost, very healthy and long life too, such as tinned/frozen fish, tinned pulses, lentils, frozen fruit and veg. Cheaper cuts of meat – which benefit from long, gentle cooking – are very useful for stews and casseroles. Seasonal produce will be cheaper and some fresh veg – like carrots, onions and cabbage – are always affordable.

Cooking for one. Perhaps the simplest way to cook for one is actually to cook for four. Our best friend here is the freezer. **All cooked food can be frozen** (including rice and pasta) so we can cook larger portions and store the leftovers, labelled, in the freezer for another day. Make sure to cool food quickly (in 90 minutes) before freezing to reduce the risk of food poisoning bugs. When we defrost frozen foods we should do so overnight in the fridge (this stops the food from getting too warm – which would allow bacteria to grow) and when reheating make sure it's piping hot! Alternatively we can keep cooked food in the fridge for up to three days (one day only for rice). While Tupperware is great we can also refrigerate or freeze food in old, washed food containers or even in plastic bags.

Meal Ideas. Eggs are an excellent option single-serving meal. They are very healthy, have no effect on cholesterol and British eggs no longer carry salmonella (we have Edwina Curry to thank for that, at least). Free range eggs are also pretty cheap these days: usually under £1 for six. We can scramble, poach, boil or bake them or make omelettes or frittatas. Baked potatoes are another handy option, as are simple pasta dishes.

We can also divide recipes. OK, this may involve some maths skills and possibly some guess work but as we get more experienced in the kitchen it becomes easier to roughly judge how much of something we need to add. If that still sounds a bit challenging there are a number of single serving cook books available, including Delia Smith's classic 'One is Fun', available from shops, online and from libraries.

Contact:

admin@edinburghcommunityfood.org.uk

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