



Welcome to the very first edition of Project Food's Volunteer Newsletter!

I hope a regular newsletter will enhance the connection you feel to Project Food, and other volunteers in the charity, by highlighting news, special achievements, and ongoing opportunities. We couldn't do what we do without you, so a big thank you to you all.

If you have any feedback or any suggestions about features you would like to see, then please don't hesitate to get in touch with me.

With very best wishes

Hannah

hannah@project-food.org.uk

Axminster Hospital

Chard Street

Axminster

EX13 5DU

01297 631782

www.project-food.org.uk

School Holiday Activities and Food Programme

Over the Easter holidays we ran a holiday programme funded by Devon County Council. The aim was to provide healthy food and enriching activities to children eligible for free school meals during the holidays. Each day we cooked a delicious, healthy lunch with the children and also worked with local organisations to provide activities to burn off some energy! The children learnt to build campfires at Seaton Wetlands, lifted weights at California Fitness and planted beans at Pippins Community Centre.



"It was a great week, absolutely fantastic. The staff were brilliant, with the kids coming home talking about what they had done and how they had been helped!"

Volunteer profile– Izzy

'I was volunteering full-time with Project Food from February to May and had an amazing experience.

My day-to-day was hugely varied, and I've covered anything from creating seasonal recipes to go with the fruit and veg boxes; writing a report on sustainable and ethical food consumption; getting stuck in with the planning and execution of the children's holiday camp; or batch cooking to restock the freezers! I've absolutely loved it all, and have learnt so much from everyone here which I am very thankful for.

I feel passionately about food and nutrition, and it was so nice to be able to help Project Food, as I think the work they are doing is so relevant and really impacts people's lives.'

Special thanks go to Izzy who was an invaluable member of the team. Izzy has now moved to London and we all wish her every success for the future.





Fundraising for Project Food

We are holding a fundraising dinner at River Cottage on 9 September. It's been almost two years since we've been able to hold a fundraising event, so we're especially looking forward to this one. As a small charity, this kind of event is so valuable to us to raise funds to continue helping those who are most vulnerable to improve their diets and enjoy better health. Previous events have helped us to support local families and people with mental health problems with free food boxes.



If you can think of a way that you might be able to help us raise funds, we would love to hear from you. And it doesn't

have to be on the scale of a fundraising dinner! Raffles, quiz nights and sponsored walks are fantastic ways to raise money and awareness of what Project Food do.

Please contact Kerry on 01297 631782 or kerry@project-food.org.uk.

Volunteering opportunities

We hope very much that we will soon be re-starting some of our regular cooking demonstrations and course in Axminster and the surrounding area. This means that we will (fingers crossed!) be looking for cooks and helpers for these sessions. If you might be interested, or know someone who you think might be, please contact Hannah on 01297 631782 or Hannah@project-food.org.uk.

Tiggy introduced us to this delicious summer salad and it's a firm favourite with staff and beneficiaries alike!



Puy Lentil, Pea and Feta salad

Ingredients

250g / 9oz frozen peas / broad beans
100g / 4oz feta cheese
Large bunch fresh mint
250g packet pre-cooked puy lentils
Olive/rapeseed oil

Or cook your own lentils...

125g / 5oz dried puy lentils
300ml / $\frac{1}{2}$ pint water to cook
Rinse lentils and cook in boiling water for around 25 minutes or until all the water is absorbed, season with pepper and leave to cool.

Method

1. Boil the peas/beans for 2 minutes or broad beans for 3-5 minutes, drain water and leave to cool.
2. Chop the mint roughly and break the feta up into small pieces.
3. Mix all the ingredients together in a bowl and serve.

Are there other recipes you would like to see? Get in touch with us!

