



We have been running our Covid related projects for quite some time now so thought that in this month's newsletter we would update you on all things Project Food—how we've been supporting the community during the last six months of the pandemic and how we plan to continue this support into the future.

With very best wishes,
Hannah and the Project Food team

Focus on...Project Food's work

Free fruit and veg boxes...

Since May, we have delivered over 320 free fruit and veg boxes to those in our local community who most need it. We support both families and people living alone in this way. Many of the people we help struggle with their mental health and have low incomes, and a delivery of fresh fruit and veg is of huge importance to help them to eat a healthier diet.

***'We wouldn't be able to eat as well without your help.
Especially with the cost of fresh fruit'***



We also send out our own frozen 'real meals' with boxes, a healthier alternative to shop bought ready meals, to help out on those occasions when even beginning to think about what to cook might be a struggle.

Each week a seasonal recipe is sent out with the boxes, alongside a selection of the ingredients. This is helping to inspire people to cook new budget friendly, healthy meals for themselves.



'I have grown in confidence to cook and to use all the fruit and veg in the box. I have loved the recipes and found them really helpful'

Project Food 'Real Meals'

Volunteers have made over 300 delicious ready meals at our Axminster kitchens, all low in saturated fat and salt and packed full of veg. Not only do these get sent out with free boxes, but we also sell a range of these both for collection from our kitchens, via Not Just Veg in Axminster or for delivery in the local area.

Work with Devon County Council to combat 'holiday hunger'

During the school holidays we have been taking part in the governments 'Holiday Activities and Food Programme' or 'HAF'. This has helped us to run cooking clubs and activities for children whose families are on low incomes as well as over 140 recipe boxes. Each box contained the ingredients and recipes for three meals for families to cook at home together.



'My daughter has additional needs and she look forward to Thursday evening to find out what new recipes I was to cook. She really enjoyed making them alongside me.'

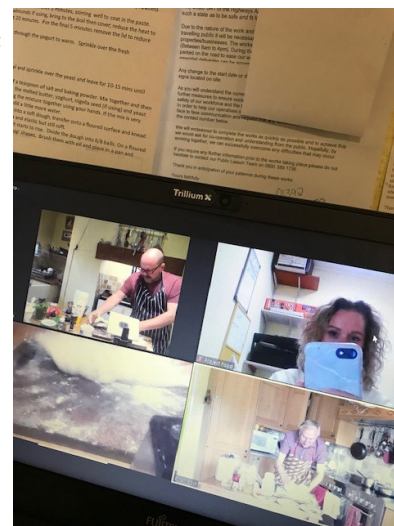


Cooking groups

We have been running weekly online cooking groups using Zoom for well over a year now. After a short summer break, we will be restarting these on Friday 1 October.

Our usual face to face cooking groups have taken a backseat due to the pandemic, but we are currently working on getting these back up and running again. We will be starting off in Axminster, Seaton and Chard and will let you know as soon as dates have been arranged.

We are also offering tailored 1:1 and group support at our kitchens in Axminster to help anyone who feels that this might be beneficial to them.



If you are interested in finding out more about any of Project Food's cooking groups, our range of 'real meals' or anything else, please do contact us by phone on 01297 631782 or email info@project-food.org.uk.