



A warm welcome to all our volunteers. It's been a busy time at Project Food—new staff and volunteers have joined us, we've kicked off 1:1 cooking sessions and our cooking groups are also back up and running.

We hope that you enjoy reading about some of these activities in this edition of the newsletter.

And, of course, a huge thank you to you all for your support.

With very best wishes
Hannah

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Half Term Recipe Boxes for Families in need

This October we worked with local schools to identify the families most in need to receive one of our 50 recipe boxes during the October Half Term.

Each box included three nutritious, seasonal recipes and all the ingredients for families to cook and enjoy together at home. A head teacher from one school shared with us how much the families enjoy receiving their boxes. She said 'The use of the recipes makes them particularly coherent and allows the families to cook together, which means they don't just get a nutritious meal, they also share an activity together.' We are applying for funding to provide 50 more recipe boxes for the Christmas Holidays. Prepping and packing the boxes is a time-consuming task, but very rewarding, especially when you hear how well the boxes are received. If you'd be happy to help prep and pack Christmas boxes, then please get in touch. We will be packing the boxes on 15th and 16th December. We'd love to hear from you if you have time to help.



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Some new faces in the Project Food Team

In September we welcomed three new people to the team. Liz, is our new Admin and Finance Officer, supporting the smooth running of the office and working closely with Tiggy. Sophie is our new Project Officer, working across our different projects and supporting Hannah. Ella is our first ever apprentice.

'Hello, I'm Ella Shepherd the new Business Admin Assistant here at Project Food. I am currently studying a CMI qualification (Level 3 Business Administrator Apprenticeship) at Exeter college one day a week. My health and social care A level really inspired me to want to help individuals in need to give them a better quality of life, which is why I was drawn to Project Food. I got in touch with Tiggy and asked about the possibility of joining the team as an apprentice and she seemed delighted.'



I have always been passionate about my own health – I love to exercise, and I am interested in learning more about nutrition. I look forward to meeting you all soon.'

1 to 1 support sessions in our Axminster kitchen

We are now offering 1 to 1 cooking sessions in our Axminster kitchen. These sessions are designed for those facing significant challenges that will benefit from the additional, tailored support to help improve their diet and learn the skills they need to feed themselves and their families well. We are currently working with a young mum who is starting from scratch with her cooking skills and knowledge. She is really motivated to learn and has committed to a weekly session to develop the skills she needs to feed herself and her young daughter. In her second session she cooked a pasta bake, which her daughter loved. Seeing her finish her plate made us all smile!

These are the first sessions we have tried in this way and we will be measuring their impact carefully to see how best we can support more people with this kind of tailored support.



A huge thank you to volunteer Pat for her wonderful support in leading these sessions with such care.

Cooking Made Easy–Axminster, Chard and Seaton Sessions

We are very much looking forward to welcoming people along for our monthly cooking groups and shared lunch in Seaton, Chard and Axminster. The sessions started again on 9 November, with the first session at our kitchen in Axminster. We are working with volunteer cooks and cook helpers to deliver the sessions and still need volunteers to support this. If you are interested in joining us we'd love to hear from you. Give us a call in the office or email info@project-food.org.uk.

We will continue to run our popular online cooking demos, but we're delighted to be starting in person sessions again as we know how valued they are by the people we support.

CIO No: 1173120

Seasonal Recipe

This month we've been cooking lots of squash. It's the perfect season to enjoy the rich buttery flavour of this autumnal favourite. Here's a simple filling soup, perfect for the colder weather. with a tasty topping of toasted seeds.

Roasted Squash Soup

Ingredients

1 tbsp olive oil
1 onion, chopped
1 celery chopped
1 carrot chopped
1 garlic clove, chopped
700g/1.5lb squash, cut into 3cm chunks
1.1litres/2 pints low salt stock/water
1 tsp ground cumin, coriander and paprika
A small handful of sunflower and pumpkin seeds



Method

1. Peel and cube the squash. Roast in the oven for 20 minutes at 180C.
2. Heat oil and fry the onions, celery, carrot and garlic gently until soft.
3. Add the cumin, coriander and paprika and cook while stirring for another minute or so.
4. Add the roasted squash and stir.
5. Add the stock or water, bring to the boil, reduce the heat and simmer for 15 minutes.
6. Blend, adding more water/stock if needed. Season to taste.
7. Add the seeds to a dry frying pan. Cook on a high heat until they start to pop. toss the seeds to ensure they don't burn.
8. Sprinkle over the soup and enjoy!