

It's hard to believe that we have reached our final newsletter of 2022. It has been lovely to see so many of you at our groups both out in the community and here at Project Food. We look forward to seeing more of you all in 2023.

*With very best wishes for a Happy Christmas and a Healthy 2023! - The Project Food team*



**PROJECT FOOD**

A helping hand to healthy eating

Axminster Hospital  
Chard Street  
Axminster  
EX13 5DU  
01297 631782

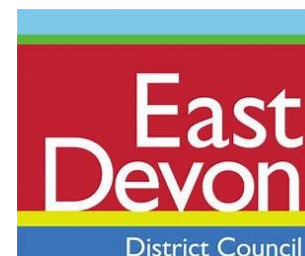
[info@project-food.org.uk](mailto:info@project-food.org.uk)  
[www.project-food.org.uk](http://www.project-food.org.uk)

## What's happening in 2023?

### EDDC drop-in benefits check-ups

It was a pleasure to work alongside the EDDC Financial Resilience team earlier this year, offering a free benefits check up service here at Project Food. These sessions were a real success and they were able to help many of our beneficiaries.

We are delighted to say that from January, the team will be with us on a regular basis in both Axminster and Ottery St Mary. Please keep an eye on our social media pages for dates or get in touch for more information.



## Food and Mood—On the farm!



Following the success of 'Food and Mood', we are excited to be able to offer a project to continue supporting your mental health. Starting in February, we will be heading to a farm local to Axminster for some feel good farming!

You will be able to help look after the animals, grow vegetables on a working farm and cook lunch together in a relaxed and peaceful environment. To find out more, or to register your interest, please get in touch.

### COMING IN FEBRUARY 2023

Help to look after the animals and harvest vegetables on a working farm

Cook lunch together in a relaxed, peaceful environment

Transport from Axminster will be provided, returning after lunch.

FREE OF CHARGE

Contact us to register your interest

[www.project-food.org.uk](http://www.project-food.org.uk) Tel: 01297 631782 [info@project-food.org.uk](mailto:info@project-food.org.uk)

Registered charity 1173120



**Christmas  
Opening Hours**



Project Food will be taking a little break over Christmas. We will finish on Thursday 23rd December at 3pm and will be back on Tuesday 3rd January at 9am

# Can you support us in 2023?

Supporting Project Food doesn't just have to be about donating money. Here are some other ways you can make a difference:



**Volunteer your time** – helping us for just a few hours each month can make a huge difference to what we can achieve. From cooking and teaching, gardening and shopping, to office admin and tech help – we can't survive without our team of volunteers.

**Sign up to Easy Fundraising and Amazon Smile** – raise money while you shop online at no extra cost to you!

Easy Fundraising - <https://www.easyfundraising.org.uk/causes/project-food>

Amazon Smile - <https://smile.amazon.co.uk/ch/1173120-0>

**Get active!** – Why not do a sponsored event for us? Swim, run, cycle, or if you are feeling brave, all three! Sponsored events are a fantastic way of raising money and awareness.

**Spread the word** – if you like what we do, tell everyone! You never know you might find someone who needs support, or someone who wants to do a sponsored event for charity, or someone who wants to volunteer.

**Show us some love on social media** – follow our pages and share our posts:

Facebook - @ProjectFoodCharity

Instagram - @project\_food\_charity

Twitter - @ProjectFoodCIO

## Chocolate-Dipped Tangerines

### Ingredients

1 tangerine per person, peeled and segmented

10g dark chocolate per person, melted

### Method

1. Melt your chocolate in a bowl using one of the methods below.
2. Dip half of each tangerine segment in the melted chocolate, then put on a baking sheet or plate lined with parchment.
3. Keep in the fridge for 1 hour to set completely, or overnight if you prefer.



### Melting chocolate on the hob

1. Fill a medium saucepan with 4cm of water. Place over a medium heat and bring to a very gentle simmer.
2. Place a heatproof bowl on top of the pan so that it fits snugly but doesn't touch the water.
3. Lower the heat to a very gentle simmer.
4. Break up the chocolate and add to the bowl, then leave to melt for 4-5 mins, stirring regularly.
5. Carefully remove the pan from the heat and allow the chocolate to cool a little before using.