

Project Food Newsletter

This month's newsletter is to give you an update on what Project Food has been doing, what we have coming up and what support is available in our local area. We are so lucky to have many active organisations all working alongside each other to support our local community. If you would like more information on anything in this newsletter, please do not hesitate to get in touch.

With very best wishes,
Kerry and the Project Food team



PROJECT FOOD

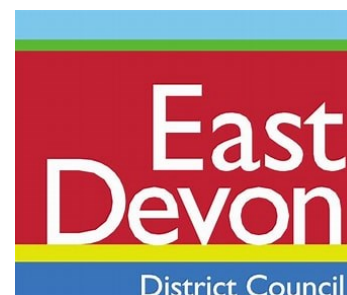
A helping hand to healthy eating

Axminster Hospital
Chard Street
Axminster
EX13 5DU
01297 631782

info@project-food.org.uk
www.project-food.org.uk

What's coming up at Project Food

- **Tuesdays throughout March and April** - One to One cooking slots available. Please contact us if you would like to chat about having one to one support in our Axminster kitchens.
- **Friday 10th March and Friday 14th April** - Cooking Made Easy, Marshlands Centre, Harbour Road, Seaton. Come and join our friendly, supportive group for a free cooking demo and lunch. We start at 11am.
- **Tuesday 14th March and Tuesday 11th April** - East Devon District Council benefits check up. Please contact us to book an appointment during the morning to see one of the EDDC Financial Resilience Team. The team can help you to explore available funding and check which benefits are available to you if you are struggling financially.



Raising money for Project Food



We are fortunate to be part of two fantastic supermarket fundraisers this month, and you can help to raise funds for us with no extra cost to yourself!

Tesco - If you are shopping in Tesco, you may notice the blue token scheme. We are a benefitting charity in the Axminster, Lyme Regis, Honiton and Chard stores until April. Please be sure to grab a token as you check out and pop into our slot as you leave.

Co-op

Until October 2023, we will one of the charities you can chose to support as a Co-op member. You can select us as your charity by going to <https://membership.coop.co.uk/causes/70127>. When you buy selected Co-op branded products, 2p for every pound spent will be donated to Project Food.



What we have been up to - Kids' Kitchen

2023 saw the start of our second series of our very popular after school cooking club for children with special educational needs. 'Kids' Kitchen' provides a 12 week course for 8 children, aimed at teaching cooking skills, building confidence and helping the children to make friends. We provide a safe space to allow the children to get messy in the kitchen and try new foods. The manage to create masterpieces to be proud of every week and continue to grow in confidence. If you would like to register your interest for future groups like this, please contact us. We would like to express huge thanks to South West Water and The Gibbons Trust for funding this series of Kids' Kitchen.



Local support

Nourish - Fellow Axminster based food support charity, Nourish will be holding their popular community lunches in The Guildhall, Axminster on the 9th and 23rd March and the 20th April, between 12pm and 2pm. Or if you are looking for something for the kids during the holidays, their 'Picnic in the park' will be in parks across Axminster on the 4th and 11th April. Be sure to give their Facebook page a follow for more information or you can their telephone number on their logo above.



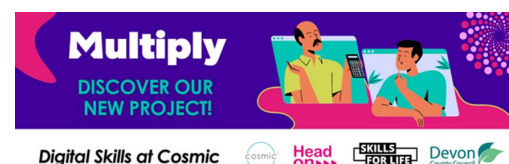
Read Easy - Read Easy is a group of volunteers who support local adults who want to learn to read, or improve their reading skills at their own pace and without pressure. They have volunteers in Axminster ready to give this support, so if you know anyone who would benefit from this, please contact Sheila@readeasy.org.uk or call 0771 611 6111 for more information.



Digital skills at Cosmic - Cosmic in Honiton are giving adults the essential skills and confidence to face the cost-of-living crisis head-on, improving financial understanding with maths that's practical, helpful, and easy to understand, as well improving digital skills . Their free workshops will arm you with helpful advice, tools and techniques to tackle the cost-of-living crisis "Head On".

- Gain confidence with saving, spending and planning.
- Develop new habits and achieve your financial goals.
- Improve your financial wellbeing and digital skills.
- Feel empowered to make better decisions.

Contact planning@cosmic.org.uk or call 0330 0883 005 for more information and to get signed up.



UK Salad shortage

You will have seen that we are having to ration salad staples like tomatoes and cucumbers for the past couple of weeks amid a shortage of fresh vegetables. Shelves of fresh produce in many stores have been bare, and most major supermarkets have imposed limits on how many salad bags or bell peppers customers are allowed to buy. If you enjoy a salad, but need inspiration on how you can make one without the usual ingredients, be sure to check out this months recipe sheet.