

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 other 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

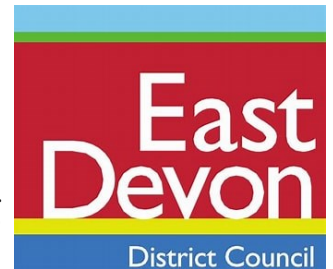
A helping hand to healthy eating

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What's coming up at Project Food

- **Tuesdays throughout May and June** - 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 12th May and Friday 9th June** - 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 9th May and Tuesday 13th June** - 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.



Tesco blue tokens

After a very successful few months as a beneficiary of the Tesco blue token scheme in Axminster, Lyme Regis, Honiton and Chard, we are now delighted to say that we are in the Seaton and Exmouth stores! Don't forget to grab a blue token after you have shopped and pop it into the Project Food slot to support family cooking sessions across East Devon.

Project Food garden

As the weather starts to improve, we are all looking forward to spending a bit more time outside. We are looking for a small team of volunteers to help maintain our garden space in Axminster Hospital. If you would like to be involved in looking after our space and learning a bit about gardening as you go, please email kerry@project-food.org.uk or give us a call.



What we have been up to - Food and Mood on the farm

We have been absolutely thrilled to be running our Food and Mood group in the stunning setting of a local farm. The sessions support people who struggle with their mental health, low mood and anxiety. The aims of the project are threefold: to enable them to develop confidence and self-esteem around food preparation and production, to allow them to spend time in a safe and nurturing space in beautiful outdoor surroundings, and to support them to improve their diet. We have had the chance to enjoy the tranquil space and to take part in carefully selected activities on the farm. This has included tending to the animals, growing food, and preparing and eating a meal together. The project is all about building the capacity and resilience of people with mental health problems: similar ventures elsewhere have shown that these types of activity can really boost people's self-esteem and profoundly affect people's lives.



If you would like more information on projects like this one, please get in touch.

Local support

Nourish - Fellow Axminster based food support charity, Nourish will be holding their popular community lunches in The Guildhall, Axminster on the 18th May and 29th June 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 1st June. Be sure to give their Facebook page a follow for more information or you can call them on 0800 019 2428.



Local data banks - As a growing number of households struggle to afford data, Virgin Media O2 and Good Things Foundation have joined forces to launch the National Databank. If you are struggling to afford data so that you can access essential services on your mobile phone our nearest databank is at The Community Waffle House, Trinity Square, Axminster.

Go to www.o2.co.uk/national-databank for further information.

Frozen food for thought

Many people are now swapping from fresh to frozen food in a bid to keep food bills down. Buying frozen has advantages, and the savings can add up if you have a few mouths to feed. Frozen fruit and veg tend to be cheaper and, with less waste, it's clear to see why it's selling so well at the moment.



Frozen fruit and vegetables are 'flash-frozen' within a few hours of picking. They are usually prepared so that they are ready to cook, and are as nutritious as fresh food. They don't require any preservatives or added ingredients when frozen, making freezing a healthy way of extending the life of fresh produce. However, it's worth checking the labels of commercially frozen produce to ensure they have no added sugar, salt or other flavourings.

Freezing fresh produce is a valuable way to access nutrients like vitamin C during winter. Studies suggest people who include frozen produce in their diets tend to eat more fruit and vegetables overall.

Frozen fruit and veg are easy to use! They don't require washing, peeling or chopping and are fast to cook, making them a healthy and convenient option.

Frozen produce is typically cheaper than its fresh equivalent, especially out of season. There is minimal waste, and you can use the exact amount you need – all of which makes frozen produce more cost-effective and accessible for all of us.

If you would like to experiment with a couple of great recipes using frozen fruit and veg, then keep reading!