

# Project Food Newsletter

We are now into the second half of 2023 and it's been a busy time for the Project Food Team. We have some exciting new projects to take us into the summer and autumn which will see us supporting more people in more towns. This month's newsletter will tell you about what we have been doing and what we have coming up.

With very best wishes,  
Kerry and the Project Food team



**PROJECT FOOD**

A helping hand to healthy eating

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## What's happening in July and August

- **Seaton Cooking Made Easy** - We have now reached our short summer break for our group at The Marshlands Centre, Seaton. We will resume on Friday 8<sup>th</sup> September at the usual time of 11am.
- **Good Grub Club - Chard** - Our popular Good Grub Club in association with Abri Homes will return to Chard for a series of summer holiday clubs throughout July and August. With a mixture of morning and afternoon sessions, we invite families living in Chard who are either Abri Homes tenants or on a low income, to come along for a fun hands on cooking class, have lunch or dinner together and take home a recipe box at the end of the session. The venue and timings are still to be confirmed but it will be in a central, convenient location. We will run on the following dates:

25 <sup>th</sup> July	morning
1 <sup>st</sup> August	morning
8 <sup>th</sup> August	afternoon
15 <sup>th</sup> August	afternoon
22 <sup>nd</sup> August	morning

Please get in touch for more details or to register for these sessions.



- **One to One and small group cooking classes** - Supported by funding from the East Devon District Council Covid Recovery Fund, we are excited to be extending our one to one and small group cooking classes into Honiton, Sidmouth, Exmouth and Cranbrook. These classes will help people to improve their knowledge surrounding food, learn new skills and recipes and build confidence in the kitchen to help improve their mental and physical health.

If you, or anyone you know, would be interested in joining us, please get in touch for more information.



## **Support your community with Project Food**

Would you like to help people in your community, make friends and develop new skills? We looking to expand our team of volunteers to allow us to respond to the increase in demand for our services across East Devon. From cooking to food shopping to office help, there are volunteer roles to suit everyone.

Our volunteers are the backbone of the charity and help us to help hundreds of people who find themselves in need of our support. We enjoy working with volunteers from all walks of life and there's no need to have had any previous volunteering experience. Your commitment could be on a weekly or monthly basis or ad-hoc depending on demand—there is something for everyone.

So if you would like to be part of a small, friendly, supportive team, please get in touch. We will provide all the training needed.

Email [kerry@project-food.org.uk](mailto:kerry@project-food.org.uk) or call 01297 631782 for more information.

### **What we have been up to - Axe Valley Academy**

It has been a pleasure to work with Axe Valley Academy in Axminster to offer a small group of their students the opportunity to come to our kitchens one morning a week as a part of an alternative provision timetable. Alternative provision supports students who are having difficulty accessing the whole school curriculum and gives the young people the opportunity to do a variety of activities outside of the school setting.

At Project Food our wonderful groups of children have got creative in the kitchen, cooked lunch and eaten together. They have also learnt about budgeting, menu planning and nutrition. We have watched their confidence and knowledge around food grow week on week and have been very proud of what they have achieved.



### **Local support**

**Nourish** - Fellow Axminster based food support charity, Nourish will be holding their popular community lunches in The Guildhall, Axminster on the 13<sup>th</sup> and 27<sup>th</sup> July 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 every Tuesday in August with their 'Grand Finale Picnic' on the 29<sup>th</sup> August. Be sure to give their Facebook page a follow for more information or you can call them on 0800 019 2428.