

Project Food Newsletter

With summer now coming to an end, the autumn will see our groups and sessions starting up again as well as some great fundraising events and volunteer opportunities.

We also have some new Trustees joining the Project Food team and we will introduce you to them over the coming months.

We hope that you will find something you would like to be involved in. If you would like to chat to us about groups, one to ones, fundraising or volunteering, please do not hesitate to get in touch.

With very best wishes,
Kerry and the Project Food team



PROJECT FOOD

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Seaton Cooking Made Easy

We are back in Seaton with our Cooking Made Easy group after our short summer break. Whether you are cooking just for yourself, caring for a loved one, managing a diet-related illness or simply looking to build your confidence in the kitchen, then this group is for you!!

Supported by Seaton & District Hospital League of Friends and Seaton Town Council, we meet on the 2nd Friday of every month at 11am.

Please come and join Lucy and Carole for our FREE, friendly cooking demo and lunch. Our next session is Friday 13th October.



Join us for our fundraising curry night at River Cottage

Come and join us for this year's fundraising curry night at River Cottage on Thursday 9th November at 6.30pm.

This will be the perfect opportunity to get together with friends, enjoy an exquisite 3-course vegetarian curry prepared by the renowned River Cottage chefs in the beautiful Threshing Barn at River Cottage HQ and raise funds for Project Food.

Tickets are £29.50 per person and are available via our website - www.project-food.org.uk/news/river-cottage-curry-night

Simon's skydive to raise funds for Project Food

Earlier this month, Project Food supporter, Simon took a leap to raise funds for Project Food. Taking on a skydive from 15,000 feet, he raised a fantastic total of £1,350. The money will help Project Food to support more people in our community as we head into the winter months. It's not too late to sponsor him as the fundraising page will remain active until 18th October. If you wish to donate, please visit <https://localgiving.org/fundraising/simon-skydive/>



If you would like to take on a challenge for Project Food, please get in touch with kerry@project-food.org.uk

Volunteering opportunities

Our volunteers play a crucial role in every aspect of our work, and without them we simply could not function. We currently have volunteer vacancies:

- Ready meal cook - Axminster Hospital
- Gardening assistant - Axminster Hospital
- Cook helper - Chard Cooking with Confidence sessions
- Recipe box shopper - Axminster Hospital
- Fruit and veg box packing - Axminster Hospital
- Delivery drivers - Across East Devon

If you have a bit of spare time each week and would like to support people in your community to cook and eat well, we would love to chat with you.

Email kerry@project-food.org.uk or call 01297 631782



Meet the Trustee - Sue Cockayne

We are pleased to introduce you to the first of 3 new Trustees joining the Project Food team. Sue has been an active volunteer for Project Food for many years. She has taught cooking classes, cooked ready meals and supported our fundraising committee. She is an experienced HR consultant and supports the organisation with her wealth of knowledge in HR. Sue has 3 children and 2 grandchildren and believes that food and the ability to cook a nourishing meal is at the heart of good health and wellbeing.

We are very grateful for everything Sue has already done for Project Food and we look forward to having her as a Trustee to help us go from strength to strength.

Blackberry and Apple season

The hedgerow are now full of blackberries and if you take a stroll around your neighbourhood, you may find that your neighbours are giving away their surplus apples. Blackberries naturally work so well with apples, are in season at the same time and best of all, you can normally get them for free.

The obvious choice would be a delicious and comforting apple and blackberry crumble and there are some great ways of adding some extra goodness to this classic autumn pud. By adding ground or chopped nuts to the topping—almonds would work well you can make your crumble more nutritious. Sunflower seeds are also a good addition to the topping.

Here is our recipe for a classic blackberry and apple crumble.

Serves 4

Ingredients

1–2 cooking apples (about 450g)
About 150g blackberries
50g sugar
For the crumble topping
100g plain flour—or use 50g flour and 50g oats
(see below)
50g sugar
50g cold butter, cubed



Method

Preheat oven to 180°C, 170°C fan, gas mark 4

1. First, make your crumble topping...
2. Put the flour and sugar into a bowl and add the butter, rubbing together with your fingers until it looks like breadcrumbs. Don't worry if there are still some bigger bits of butter in there!
3. Now peel and core the apples, then chop into slices or small chunks.
4. Place the apples and blackberries together into a pie dish and mix in the sugar. If you want to make sure that your apple doesn't discolour you can stir over the juice of half a lemon.
5. Sprinkle the crumble topping evenly over the top of the fruit and then bake in the oven for 30 minutes or until golden and bubbling.
6. Serve with some yoghurt or custard.

Top tips

If you have lots of eating apples, you can also use these. But remember that you won't need to add any sugar as they are often sweet enough.