



At Project Food we know that nutritious food is essential for good health and we want everyone to benefit from a better diet. Our free support will help you develop the skills, confidence and motivation to cook nutritious meals that fit your budget and lifestyle.

We are kick starting 2024 with some exciting projects to get everyone 'Cooking With Confidence'. From recipe boxes to one to one classes and friendly cooking groups, there will be something for everyone to learn new skills in the kitchen, become more confident in cooking and feed themselves and their families well.

So, if you want to make positive changes to your diet, please get in touch with us!

Kerry and the team at Project Food

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What's on at Project Food

Cooking with Confidence

Whether you are cooking just for yourself, caring for a loved one, managing a diet-related illness or simply not feeling very confident in the kitchen, Project Food 'Cooking with Confidence' is for you.

If you would be interested in FREE, friendly cooking sessions, in groups or one to one, in Ottery St Mary, Axminster or Seaton to learn how to cook more healthily for yourself and others and develop your skills, knowledge and confidence in the kitchen then please get in touch.



To register your interest, email info@project-food.org.uk or call 01297 631782.

Feeling the love in Chard with our Valentines Day 'Good Grub Club'



We are excited to announce that we will be at Holyrood Academy in Chard on Wednesday 14th Feb, 10.30am - 1pm for our 'Good Grub Club'.



Come and join our fun and friendly family cooking group, learn a new recipe, cook and eat together and take home a recipe bag at the end of the session.

This group is completely FREE of charge. Priority will be given to Abri Homes tenants. Booking is essential to ensure we cater accordingly.

Email - info@project-food.org.uk

Call - 01297 631782

Whatsapp - 07305 004631

Our Ottery St Mary kitchen

As you may remember, last year we were invited by NHS Property Services to take over the kitchen at Ottery St Mary Hospital as part of the social prescribing initiative. We are delighted to say that the space is now ready for us to use. We will now be running cooking groups and one to one sessions from our new space.

We are happy that we can now reach even more people across East Devon and we look forward to working alongside the other wonderful organisations in Ottery St Mary and being part of the fantastic community.



If you would like more information about working with us to start your journey to being confident in the kitchen, please get in touch.

Getting the greens in

Leafy green vegetables are an important part of a healthy diet. They're packed with vitamins, minerals and fibre. Eating a diet rich in leafy greens can offer numerous health benefits including reduced risk of obesity, heart disease and high blood pressure.

The greatest benefit of green leafy vegetables is their abundance of micronutrients. Researchers have found that a diet inclusive of dark leafy greens can defend the body against experiencing cellular damage, which is associated with health problems, such as neurodegenerative diseases, heart disease, diabetes, certain types of cancers.

What are leafy greens rich in?

Some vitamins, minerals and antioxidants found in most greens include vitamins C, E, A and K, folate, fibre, magnesium and antioxidants.

Many greens can be enjoyed both raw or cooked; however, both approaches have pros and cons. For example, cooking greens can improve their taste and make their antioxidants more available, but it may also reduce levels of vitamin C.

For ideas on how to eat more leafy greens, try the following:

- Put a couple of handfuls of fresh spinach into curries and casseroles just for the last few minutes of cooking. It wilts very fast and reduces greatly in volume so it's a good way of packing lots in.
- Mix up your salad leaves. The popular iceberg lettuce may give you a nice crunch but it has very little nutritional value. Try mixing up darker leaves such as rocket, watercress and spinach to give you a lovely variety of flavours and colours.
- Stir them up! Adding finely sliced cabbage leaves to a stir fry will give you a great boost of greens and make the dish go further.

