

## Welcome to our Summer 2025 newsletter

This summer we are cooking up more than just meals! From the fantastic launch of our Food Hub with our exciting community cook-alongs, refreshing hydration tips and a very special evening with Hugh Fearnley-Whittingstall on the horizon, there is so much to celebrate and share.

Whether you're joining us in the kitchen, at an event, or simply reading along at home, we're so glad to have you with us on this journey to eat better and live well.

Kerry and the Project Food team



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### A Brilliant Start for Our Food Hub at Project Food!

We're thrilled to share that the first few weeks of our Food Hub at Project Food have been a fantastic success! Our kitchens have been buzzing with energy, laughter and the delicious smells of home-cooked meals as families and individuals from across the community have come together to cook, eat and connect. But the best part? We're just getting started!

### Join Us This Summer

The Food Hub is open throughout the summer and we'd love to welcome even more of you through our doors. Whether you're looking for a fun activity with the kids, a warm meal or just a friendly place to connect, we're here for you.

**Join us on Mondays, Wednesdays or Thursdays, 10:00am – 12:30pm.**

### Hugh Fearnley-Whittingstall to join Project Food at the breathtaking Netherton Hall for charity fundraiser.

Join us for an unforgettable evening at the breathtaking Netherton Hall, a hidden gem nestled in the heart of East Devon, as we come together to support a cause that truly matters: supporting families living in food poverty.

On Thursday 25th September, guests will be welcomed into the serenity of this stunning private estate for an exclusive evening of canapés, drinks, and conversation. The highlight of the evening will be a conversation between renowned chef, broadcaster and campaigner Hugh Fearnley-Whittingstall and Project Food CEO, Tiggy Parry, who will discuss, amongst other things, the urgent issues of food poverty in the UK.

We are dedicated to supporting communities to eat better and live well. Every ticket sold directly contributes to our mission, helping to provide vital support to families in need.

Whether you're drawn by the cause, the company or the captivating setting, this is an evening not to be missed.

**Tickets are available via our website - <https://www.project-food.org.uk/news/an-evening-with-hugh/>**



## FREE Family Cooking Fun in Chard This Summer!

Looking for something fun and free to do with the kids this summer? Come along to the Good Grub Club at Chard Baptist Church, a hands-on cooking experience the whole family will enjoy!

Each session is packed with laughter, learning, and delicious food. Together, we'll prepare simple, healthy meals that you can easily recreate at home. Every family takes home a FREE recipe bag with all the ingredients you need to cook the dish again!

**Where:** Chard Baptist Church, Holyrood Street, Chard

**When:** 10:30am – 1:00pm

### Dates:

- Wednesday 30 July
- Tuesday 5 August
- Wednesday 6 August
- Tuesday 12 August
- Wednesday 20 August



Priority will be given to Abri tenants and families on a low income. Spaces are limited and booking is essential, so don't miss out!

To book your place:

Call 01297 631782 or email [info@project-food.org.uk](mailto:info@project-food.org.uk)

## Beat the Heat with These Refreshing Tips!

After the scorching temperatures we've experienced during the recent heatwave, staying hydrated has never been more important, for both adults and children. Whether you're out enjoying the sunshine or relaxing indoors, keeping your body topped up with fluids is key to feeling your best.

But hydration doesn't have to be boring! Here are some creative and tasty ways to make drinking water fun and easy for the whole family:



- **Flavour Infused Water**

Jazz up plain water with natural flavours! Try combinations like Strawberry & Mint, Cucumber & Lemon, Orange & Blueberry. Let kids help choose and mix their own combos, it makes drinking water more exciting!

- **Fruity Ice Cubes**

Freeze chopped fruit, herbs or even edible flowers in ice cube trays. Add them to water for a colourful, tasty twist.

- **Eat Your Water**

Many fruits and veggies are packed with water. Try Watermelon, Cucumber, Oranges, Grapes, Celery. These are great for snacks, lunchboxes or picnics.

- **DIY Reusable Water Bottles**

Let kids decorate their own water bottles with stickers or markers. Having a personalised bottle encourages them to drink more throughout the day.

- **Hydration Reminders**

Set fun timers or use apps to remind everyone to take a sip. You can even make it a game, who can finish their bottle by lunchtime?

### Try our recipe!

One of the highlights from our recent Food Hub community cook-alongs has been this simple, flavour packed Mackerel and Potato Salad, a perfect summer dish that's nutritious, budget-friendly, and easy to make together! Check out the recipe attached!