

Project Food Newsletter

Autumn is here, and we have a fantastic lineup of activities to brighten up the darker months!

Our calendar is filling up with new group sessions and exciting fundraisers, and we can't wait for you to join us. Whether you're looking to connect with others, support a great cause, or simply have some fun, there's something for everyone.

Check out this month's newsletter for all the details on what's happening. Trust us, you won't want to miss out!

If you have any questions or want to chat about groups, one-on-ones, fundraising, or volunteering, we're here for you. Don't hesitate to get in touch!

With warmest wishes, Kerry and the Project Food team



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Exciting News! 'Cooking with Confidence' is returning to Seaton!

Are you ready to take charge of your health and enjoy delicious, nutritious meals? Whether you've been advised to change your diet, need help managing a healthy weight, or are dealing with pre-diabetes, type 2 diabetes, or high blood pressure, our new cooking group is here to support you every step of the way!

Join Us for 'Cooking with Confidence'

Eat Well: Discover how to cook delicious, nutritious recipes that support your health and are easy to re-create at home.

Expert Tips: Gain valuable insights and practical advice on improving your diet.



Mark Your Calendar! Our first session is at Marshlands Centre, Harbour Road, Seaton on Monday, 11th November at 11am then every second Monday of the month.

Get in Touch: For more information, email us at info@project-food.org.uk

Don't miss out on this fantastic opportunity to enhance your cooking skills and improve your health in a fun, supportive environment. We can't wait to see you there!

Join Us for a Charity Quiz and Curry Night in Sidmouth!

Date: Friday, 29th November

Venue: Woodlands Hotel, Sidmouth

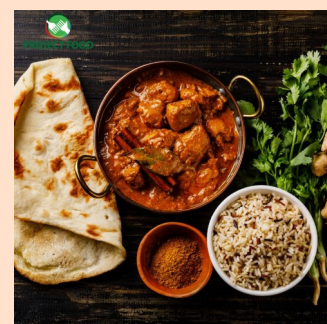
Time: 6.30pm

Come along for an evening of fun, food, and friendly competition! Test your knowledge with our quiz and enjoy a delicious 2 course curry. All proceeds will go to Project Food.

Exciting quiz rounds with great prizes, welcome drink, mouth-watering curry dishes, raffle and the chance to support a great cause!

Tickets: £30 per person

Visit www.project-food.org.uk/news/quiz-curry-sidmouth/



New After School Cooking Club for Parents and Carers in Axminster



Project Food is delighted to announce the launch of an innovative After School Cooking Club, funded by The National Lottery Community Fund. This exciting new initiative is designed to bring parents and carers together with their children to learn and enjoy cooking in a supportive and fun environment.

Starting on Wednesday, 6th November, the club will run every Wednesday from 4:00 PM to 5:45 PM. It is open to parents and carers with children in Years 5 and 6 from Axminster and surrounding village schools, as well as homeschooling families.

Participants will have the opportunity to:

- Learn new recipes without the worry of wasting money on foods their children may not like.
- Cook together with their children and alongside other parents.
- Enjoy a meal together at the end of each session.

We are thrilled to offer this unique opportunity for families to bond over cooking. Our goal is to provide a fun and educational experience that helps families develop healthy cooking habits and enjoy quality time together.

Spaces are limited, so interested families are encouraged to book quickly. For more information or to reserve a spot, please contact Project Food via email at info@project-food.org.uk, call 01297 631782, or send a WhatsApp message to 07305 004631.

Roasted Butternut Squash Soup

Serves 4

Ingredients

- 1 tbsp olive or vegetable oil
- 1 onion, chopped
- 1 celery stick, finely chopped
- 1 carrot, finely chopped
- 1 garlic clove, chopped
- 700g/1.5lb squash, cut into 3cm chunks
- 1.1 litres/2 pints low salt chicken or vegetable stock/ water
- ½ teaspoon ground cumin, coriander and paprika



Method

- Peel and cube the squash. Roast in the oven for 20 minutes at 180C. If you don't want to use the oven you can also cook this on the hob—just add the cubed squash to the pan after you've fried the onion, carrot and celery.
- Heat oil and fry the onions, celery, carrot and garlic gently until soft.
- Add the cumin, coriander and paprika and cook while stirring for another minute or so.
- Add the roasted squash and stir.
- Add the stock or water, bring to the boil, reduce the heat and simmer for 15 minutes or until the squash is tender.
- Blend, adding more water/stock if needed. Season with black pepper to taste.
- Serve in a bowl and add a sprinkling of toasted seeds to the top.