

Welcome to 2025!

As we embrace the new year, many of us are already dreaming of those delightful spring days ahead. With the evenings gradually getting longer, it's the perfect time to start venturing out more and soaking up some much-needed vitamin D!

Our cooking sessions are back in full swing, and we can't wait to see you at our hubs and community centres. Whether you're continuing your journey or just starting out, we're here to support you in maintaining a nutritious diet for a happy and healthy 2025.

****Don't miss out!****

This month's newsletter is packed with all the exciting details on what's happening. If you have any questions or just want to chat about our groups, one-on-one sessions, fundraising, or volunteering, we're always here for you.

With warmest wishes,

Kerry and the Project Food team



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What's happening at Project Food

Energy Efficient Cooking—Chard

With our first series of Energy Efficient Cooking now up and running and proving a huge success, we are delighted to announce that we will still have space on our second series starting in February.

Our Energy Efficient Cooking course is designed to help you create delicious meals while saving both energy and money. We will teach you practical techniques to make your kitchen more sustainable and budget-friendly. In association with Abri Homes.

What You'll Learn:

- **Understanding Energy and Cost Savings:** Learn how energy consumption impacts your utility bills and discover ways to reduce costs.
- **Efficient Cooking Techniques:** Master methods such as batch cooking, using residual heat, and selecting the right cookware to save energy and money.
- **Appliance Optimization:** Get tips on using kitchen appliances more efficiently, including ovens, stoves, microwaves, and slow cookers, to cut down on energy costs.
- **Budget-Friendly Ingredients:** Explore the benefits of using affordable, locally sourced, and seasonal ingredients to reduce both energy use and grocery bills.
- **Cost-Effective Meal Planning:** Learn how to plan meals that maximize energy efficiency, minimize waste, and stay within your budget.

Join us in making a positive impact on the planet and your wallet, one meal at a time! Priority will be given firstly to Abri Homes tenants living in Chard and surrounding areas and then to low-income families. Email info@project-food.org.uk to book your place.

PROJECT FOOD

FREE SLOW COOKER OR AIRFRYER FOR ATTENDEES

ENERGY EFFICIENT COOKING

Abri

Chard Baptist Church, 9 Holyrood Street, TA20 2AH

Our Energy Efficient Cooking course is designed to help you create delicious meals while saving both energy and money. We will teach you practical techniques to make your kitchen more sustainable and budget-friendly. In association with Abri Homes.

Thursdays - 27 Feb. 6, 13, 20 & 27 March and 4 April- 10.30am - 12pm

Scan to book

Booking is essential and space are limited. Contact Project Food to book your place. T: 01297 631782 E: info@project-food.org.uk

Good Grub Club - Chard

Booking is now open for our February Half Term Good Grub Club!

Parents and Carers, come join us for a fun-filled day where you and your children can cook a delicious lunch together, enjoy a meal, and take home a recipe bag to recreate the magic at home!

Date: Tuesday, 18th February

Time: 10:30 AM

Location: Chard Baptist Church

To reserve your spot, simply drop Clive an email at info@project-food.org.uk. Spaces are limited, so book soon!

This free session is proudly brought to you in association with Abri Homes, with priority given to their tenants and families on a low income living in Chard.

Don't miss out on this wonderful opportunity to bond over food and fun!
See you there!



FREE FAMILY COOKING

Chard Baptist Church, 9 Holyrood Street, TA20 2AH

Tuesday 18 February
10.30am - 1pm

INCLUDES A RECIPE BAG TO TAKE HOME

Abri
Creating opportunities, improving lives

Good Grub Club
In association with Abri Homes for their tenants and families on low incomes

Booking is essential and spaces are limited, contact Project Food
T: 01297 631782 E: info@project-food.org.uk www.project-food.org.uk



FREE AFTER SCHOOL COOKING CLUB

COOKING WITH KIDS

For children in Key Stage 2 and their parents or carers.

An opportunity to cook, learn new recipes and hints and tips, make friends and eat together.

Starts Thursday 27th February until Thursday 3rd April
3.45pm - 5.30pm
Axminster Primary Academy, Stoney Lane, Axminster.

Home educators and families attending other Axminster schools are welcome.

Email info@project-food.org.uk, call 01297 631782 or WhatsApp 07305 004631 for more information or to book your place.

www.project-food.org.uk Tel: 01297 631782 info@project-food.org.uk
Registered charity 117202

Cooking with Kids - Axminster

We're thrilled to announce the second series of Cooking with Kids starting on Thursday, 27th Feb at our new venue, Axminster Primary Academy!

These sessions are open to all families in Axminster needing extra support, including home educators. It's a fantastic opportunity for parents/carers and children to cook and enjoy meals together.

When: Weekly for 6 weeks, starting 27th Feb

Where: Axminster Primary Academy

Who: Families with children in KS2

We have spots for 6 families, so don't miss out! If you know families who could benefit, please share this info. For more info or to chat further, feel free to get in touch. Email: info@project-food.org.uk to book.

Fundraiser alert!! - Sell out wine tasting evening returns!!

Get ready for an unforgettable evening!

Returning for its third year, our highly anticipated wine-tasting event at Woodlands Hotel, in collaboration with Dalwood Vineyard, is set for Friday, 14th March. This is your chance to dive into the art of wine tasting while supporting a fantastic cause—helping people across East Devon eat better for improved physical and mental health.

Doors open at 6 p.m. and you'll be greeted with a delightful array of local soft drinks, juices, and canapés. Take your time to explore our amazing raffle and auction prizes before the main event begins.

Once seated, you'll be guided by none other than Mike Huskins, Managing Director of Husky Wines and Director of Dalwood Vineyard. Mike will share his passion and expertise, leading you through a tasting of 8-10 carefully selected local and imported wines. Whether you're a seasoned wine lover or a curious beginner, Mike's enthusiasm and knowledge will make this an experience to remember.

Indulge in a tantalizing charcuterie and cheese board crafted by the talented chef at The Woodlands Hotel, all included in your ticket price.

Don't miss out on this incredible evening of wine, food, and fun—all for a great cause!

Visit our website or email kerry@project-food.org.uk for more information.



WINE TASTING EVENING

- Friday 14th March
- Woodlands Hotel, Station Road, Sidmouth
- Doors open 6pm. Event starts at 7.15pm
- Raffle and Auction

Raising funds for **PROJECT FOOD**

Book your tickets - <https://square.link/u/FZkwrT8>

For more information - email: info@project-food.org.uk Call: 01297 631782

£32.50pp
to include a tantalizing Charcuterie / Cheese board and tasting wines