

December Bulletin 2009

Happy Christmas and Best Wishes for the New Year

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Latest News

The Good Food in Tackling Homelessness Programme is now bigger and better than ever before!

Just see for yourself how much we've done in the last 6 months:

Cooking classes

Over the last 6 months, we've had 30 people attend 8 week long beginners' cooking classes here at the depot - so far 20 of them have completed the course with the remainder finishing soon! We have also dramatically expanded our range of cooking classes – in addition to the beginners' courses we now have two advanced classes with an extra emphasis on nutrition and budgeting. There is also a drop-in Italian cooking class which runs monthly. Outside of the depot there are two more classes being taught – one at our Cyrenians Farm community and another at a homeless hostel in the city centre. This makes our total classes now up to 8!



Food Redistribution (FareShare)

On average we've had 61 trainees, placements and volunteers with us in the Good Food depot. These generous people help make up the 5633 hours of work we need to complete in order to deliver food to 38 hostels, all just in the last 6 months!

Hygiene courses

We've held 7 elementary food hygiene courses here at our depot, with 65 people completing successfully. This has not only been an opportunity to learn and have the accreditation of REHIS (Royal Environmental Health Institute of Scotland) for this training but in addition over lunch and coffee an opportunity to network with other staff working in the field of homelessness and social exclusion.

Cyrenians are continuing to run Elementary Food Hygiene courses in the training room at the Jane Street depot. The course is for anyone who is involved in the preparation or serving of food and covers areas such as: what causes food contamination and how to avoid it; the requirements of food safety legislation; how to set up safe premises; and most importantly, how to keep your customers safe. The course is widely accepted through-out the catering industry and is a good starting point for anyone wanting to get involved in this type of work.

The course is one full day and includes a short test at the end. Successful participants will receive a certificate from REHIS (Royal Environmental Institute of Scotland).

Cost	Dates for 2009:	How to Book
Good Food Members £40.00 Others £55	Jan 11 th Feb 8 th March 8th We can also deliver this course for organisations at their own premises or at the Good Food Depot	For further information or to book a place please contact Jeanie Patterson. Telephone 031 554 3900 Email: jeanie@cyrenians.org.uk

FareShare Donors

The Good Food redistribution scheme in Edinburgh and West Lothian, as part of the "FareShare" national network, continues increase the amount of food available to our Member Projects. We collect from backdoors of supermarkets and also from distribution centres such as Total Produce who provide most of our fresh fruit and vegetables. We also have a considerable amount of food being delivered direct to our depot.

Recently, we have sourced donations of fresh orange juice from Wiseman's to accompany their milk; additional bread products from Bayne's bakery in Fife; a regular supply of bananas is from Fyffes at Livingston; and a real variety of produce from Costco. All this is in addition to donations from our national suppliers such as Unique, Muller and Nestle. Vion Halls at Broxburn are providing really good amounts of meat products while M&S give us wonderful product from their Cumbernauld Distribution Centre. Our refrigerated vans continue to collect from Kettle Produce and Bartletts and Total Produce on the Monday morning routes. Early in the morning the drivers collect from Ford Bakeries and at the end of the day the Pret a Manger sandwiches are a very welcome addition to the selection and quantities distributed on a daily basis.

Our newest donor is "Diet Chef" based at Newbridge; they produce highly nutritious calorie counted convenience meals that can be micro-waved.

We are currently talking to others so.....watch this space!!

Beating the winter blues

How to beat the winter blues with some good food and nutrition:

In these cold, dark winter months many of us begin to feel tired and suddenly stressed as someone reminds us how many days are left until Christmas and we haven't even started our Christmas shopping yet! Not to mention people falling ill with the cold and flu. No wonder we feel low and depressed this time of year.

So what can we do about it? Well one of the ways to combat these symptoms is though some good food. After all, a healthy mind depends on a healthy body.

One of the main causes of depression is due to varying energy levels. We can all see how food affects this. Who hasn't eaten a whole bag of sweets and not felt a huge high followed by a pretty steep low? The best way to prevent a rollercoaster of energy levels is not only to avoid eating a bunch of sweets in one go but to eat slow-releasing energy foods such as wholemeal rice, pasta and bread. The key message here is that it's wholemeal - refined starches will only bring you down again. Try to incorporate these into every meal, at regular intervals throughout the day, and definitely no skipping meals.

Another way to keep us all happier is to feed our minds with the nutrients it needs to make our happy hormones. A well-known neurotransmitter (happy hormone) called serotonin is dependent upon an amino acid called tryptophan. Amino acids are the chemical units that make up proteins, and tryptophan in particular can be found in many protein based foods including your Christmas turkey, chicken, fish, eggs, whole grains and bananas. Fish such as salmon, tuna and mackerel have an additional benefit as it is thought that the omega 3 found in them supports serotonin's function.

A few other nutrients which are often found to be low in depressed patients include the B vitamins; niacin and folic acid. Luckily both of these vitamins are again found in your Christmas turkey! Niacin is also found in brown rice (which helps to keep your energy levels stable), as well as tuna. Folic acid is also found in many winter vegetables including sprouts, cabbage, peas and beans.

One final tip to help you all keep jollier this Christmastime is simply to enjoy some warm and hearty food. Make the tasty soup recipe below, try a warming casserole or a tasty fish pie - and don't forget to add some extra sprouts to your Christmas dinner!

Recipes

CARROT AND PARSNIP SOUP


(Serves 4)

INGREDIENTS

1 tbsp Olive oil
1 Onion
2-3 Parsnips
3 Carrots
2 pints vegetable stock
3 tbsp Milk
Black pepper
1 tsp Ginger
Rind of 1 orange

METHOD

1. Heat oil in pan, add onions and simmer until soft
2. Chop the carrots and parsnip, add to onion and cook for 10 minutes
3. Add the ginger and orange rind, cook for 5 minutes
4. Add the stock and leave to simmer for 15 minutes
5. Cool slightly, add the milk
6. Blend until smooth, season with pepper as needed.



Eat this soup in autumn and winter when the vegetables are in season and much cheaper. The carrots and the parsnips are also full of **Vitamin C**, essential in promoting our bodies' resistance to infection. So as well as being cheap this recipe will also help keep you well during the cold winter months.

PARSNIP, HONEY AND SESAME SEED CAKE

(Serves 8)

INGREDIENTS

3-4 Parsnips
½ cup sunflower oil
2 cups flour
1 egg
1 cup sugar
2-3 tbsp honey
Sprinkle of sesame seeds

METHOD

1. Heat oven to 180°C
2. Peel and grate parsnips
3. Place flour, sugar and parsnips in a bowl
4. Beat the egg
5. Mix egg and sunflower oil into dry mixture
6. Place mixture in baking tin
7. Sprinkle with sesame seeds
Cook for 35-40 minutes

Dates for your Diary

Food Conference

Our annual food conference is being planned for April 2010. Further information will be in our next bulletin.

Last year's Conference was a great success, it included a Ready Steady Cook competition between our cooking tutors and students, as well as Mark Beaumont (round the world cyclist) on a Smoothie-making bicycle! There was also useful information about our projects, Community Food and Health (Scotland) and the launch of the latest Good Food Handbook.



Water of Leith Walk

"Those Boots are made for WALKING!!" So come and join in the annual 12 or 6 mile WATER OF LEITH WALK to be held on SATURDAY 3RD APRIL 2010; your sponsorship will help raise much needed funding for the Good Food Programme and it will be a great day of fun and friendship – so come on and walk your socks off for Good Food and help tackle homelessness in 2010 !!!

For more information contact: dave@cyrenians.org.uk

How you can help

Support our Christmas E-cards

We are again offering an alternative and environmentally friendly alternative to the traditional Christmas card this year.

Cyrenians e-cards are available online now ([click here](#)). All funds raised will go to the Good Food depot.



Contact Us!

Good Food *in Tackling Homelessness*

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