

## Welcome to our July 2009 Bulletin

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## Introduction

This is a snapshot of activity during the last year:

- **78 advisory visits** to members – when the Good Food programme began almost 10 years ago only a very small percentage of the projects were ready to receive food due to the standard of food safety in kitchens. It is a real encouragement to evidence the positive change to standards and how food is being used as a tool in the journey to recovery for many of the most marginalised individuals in our communities.
- **416 tonnes of food delivered** – we are pleased to report that during the last two months we have recruited two new donors therefore the amount of food delivered is on the increase.
- **11072 supported training and volunteering hours** (83% of the hours being completed by individuals with complex needs.
- **126 cooking classes** delivered.
- **60 participants** in REHIS (Royal Environmental Health Institute of Scotland) courses delivered by Jeanie our Food & Health Education Co-ordinator.

### **New Physiotherapy Clinic**

(Free treatment for individuals who are homeless)

Tuesday and Wednesday 6.00 – 8.30  
Salvation Army, 1 The Pleasance, Edinburgh

### **E-Christmas Cards**

Help wanted with our Christmas E-card project which will provide a Christmas fundraising opportunity for the Cyrenians Good Food Programme. Do you have a photograph or painting that you could contribute as one of our designs? Please contact Phil on 0131 475 2536 for further information. We need to have the designs ready to upload on to our website by mid-September so plenty of time to release your artistic talents!



### **It's A Knockout** - (Salvation Army Birthday Celebration)

A Good Food Team lead by our Project Scotland volunteer Euan (on the left of the photograph) and made up of depot trainees and cooking class participants took part in the It's a knock out birthday celebration. Despite the rain the team fought valiantly over, under and around (when the judges weren't looking that is) the obstacles. Bribery and persuasion did not work to improve our times so we had to settle for finishing 5<sup>th</sup> out of 6! The event provided some great team building and was a fun day thoroughly enjoyed by all those who took part.

### **New Donors for the Cyrenians FareShare Project**

Our thanks to our new food donors – the pilot arrangements with a meat supplier, bakery and cash & carry has increased the food choice available to our members. Recent meetings have confirmed that our donors are pleased to work with us and we will continue to receive food on a regular basis.

## Cooking Classes

### **Information on Cooking Classes 08/09**

- 126 Cooking classes
- 74% individuals completed the course
- Improved ability to cook: (100%)
- Evidence of improved diet: (88%)
- Improvement in awareness of kitchen hygiene and safety: (92%)
- Improvement in awareness of cooking on a budget: (88%)
- Evidence of increased fruit consumption: (64%)
- Evidence of increased vegetable consumption: (84%)
- Percentage of participants who thought they would cook more meals for themselves: (96%)



Of those who completed the course 76% said they enjoyed the course 'very much' reporting increased confidence and the benefit of a shared meal at the end of the every class.

Sean graduated from the Cooking Class and has been happy to share his experience:

***On 10<sup>th</sup> February '09 four of us started a cooking class with Bill as our tutor. Each of us was provide with a cooker, space for preparation and the ingredients to cook a [nutritious] main course and a dessert. My favourite was the chicken curry with chocolate brownies for after!***

***My biggest 'blunder' was when I cooked bread and butter pudding, without taking the tutor's advice not to use the outsides of the loaf. My pudding came out all crusty and dry. But not to worry, I'll use thin cut sliced bread the next time - I've learned from my mistake!***

***The most enjoyable part of the cooking class was sitting down afterwards to eat our meals together. We also got to take the leftovers home, which made for a good meal the next day.***

***Thanks to Jeanie and all the staff for providing this class.  
Sean.***

Cooking Class Application Forms please email [goodfood@cyrenains.org.uk](mailto:goodfood@cyrenains.org.uk) or telephone 0131 554 3900.

## Recipes

### **TUNA PASTA BAKE – Serves 4**

#### INGREDIENTS

185g can tuna  
1 onion  
100g mushrooms  
100g cup frozen peas  
100g sweetcorn (frozen or tinned)  
1 tablespoon oil  
100g dry pasta

½ pint cheese sauce  
25g cheese

#### METHOD

Put a large pan of water on to boil, add the pasta and cook according to instructions on the packet. Drain the pasta when it is ready  
Make the cheese sauce and set aside (see below)  
Finely chop the onions and slice the mushrooms  
Heat oil in frying pan over a medium heat. Add onion and cook for a few minutes  
Add the mushrooms and cook for another few minutes  
When onion and mushrooms are softened add the sweetcorn, peas and cheese sauce  
Simmer gently for 5 minutes and then add the tuna and simmer again  
Add the pasta and mix well. Place in a casserole dish, grate the cheese and sprinkle over the top  
Brown under the grill or cook in a hot (190°C) oven until browned

#### CHEESE SAUCE

25g sunflower spread  
25g plain flour  
½ pint milk  
50g cheddar cheese (preferably mature)  
(salt and pepper to taste)

Grate the cheese and set aside  
Melt sunflower spread in small pan until melted  
Add the flour and mix it to a smooth paste using a wooden spoon  
Cook the paste gently for 2 or 3 minutes  
Add the milk a little at a time and keep stirring to avoid the sauce going lumpy  
When all the milk is added, add the grated cheese and stir until melted  
Taste the sauce and add salt and pepper if necessary  
(Cheese is often quite salty so you may not need any salt)

#### **MIXED SALAD - (serves 4)**

#### INGREDIENTS

½ crisp lettuce  
¼ cucumber  
2 tomatoes  
2 sticks celery  
2 carrots  
1 eating apple  
A handful of nuts  
1 tablespoon chopped chives  
1 tablespoon chopped parsley

You can vary any of the above ingredients, depending on what you like and what you have in the fridge. Serve with the dressing below.

#### METHOD

1. Wash all of the vegetables then shred the lettuce, dice the cucumber, chop the tomatoes, celery, carrots and apple
2. Mix all the ingredients in a large bowl
3. Ten minutes before you wish to serve it, pour the dressing over the salad and toss to mix it in

### SALAD DRESSING

3 tablespoons olive oil

1 tablespoon vinegar

Half a teaspoon of mustard

Salt and pepper

A pinch of sugar

Put everything into a jar and shake it well. Or put in a small jug and stir well with a spoon.

## Contact Us!

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