

## The Food and Health Newsletter 1.0

### Content

- Warm welcome
- Past event photos
- Update on ongoing events
- Upcoming events/ call for volunteer
- Food safety tips

### Past Event Photos

Pictures below were taken during the Young Carers Integrated Food Programme gardening and cooking activities.

Pictures of participants and facilitators are taken with consent and should not be re-distributed



### A Warm Welcome

I would like to welcome everyone to the first edition of this newsletter.

This is meant to keep us informed about the activities ongoing in the Food and Health projects of the Aberdeen City Health and Social Care Partnership and our various partners.

The Food Champions programme has been attracting interest from prospective champions with some of them at different stages of training, waiting to attend the Confidence2cook (training the trainer) workshop and becoming full champions. There is constant need to look within and appreciate your effort in improving the knowledge of our community members in healthy eating, and increasing cooking skills. We thank you for your invaluable sacrifice and support.

To our partner organisations, most of the projects and workshops would not have come to light without your input and support. We say a big 'thank you!' to you all.

As we look forward to summer holidays, we are hoping Food champions will use this period to deliver more cooking skills. Please let us know what support is needed to carry out your workshops.

We hope to produce this fairly regularly and to promote the various activities of the Food champions.

As time goes on, we would be using this space to showcase some of the great works you are doing.

This is an all inclusive newsletter, so please feel free to recommend contents that can be shared, leave suggestions on how we can improve on this and increase participation among the volunteers.

I would also like to encourage everyone to use this platform along with our social media site (WhatsApp) to notify other champions of upcoming cooking events that they can buddy up with. This will help those that are yet to deliver sessions to act in a supporting role and thereafter take confidence from there to lead sessions.

Thank you for taking your time to read through and I do hope you find it useful.



## Young Carers Integrated Food Programme

As part of the delivery channel of the Keep Growing Aberdeen project, Young carers Integrated Food Programme (YCIFP) undertook a period of cooking and one gardening activities with young carers in partnership with Food champions and Barnados Young Carers project workers. The young carers involved are aged 5-16 years.



Much thanks to CFINE for providing the state of the art training kitchen, where the sessions took place. Food champions paired up as session leaders with session delivery support. This provided an opportunity for newly trained Food champions to practice their skills in practical setting.

The session was well received by the participants and they left lovely comments for the facilitators.

"YC's food was delicious. We shared it between us when she got home. Thanks for the recipe as she wants to make it again"

"YC had a fantastic time and is looking forward to the next one"



## Call for volunteer

There has been increasing interest in the need to improve knowledge of healthy eating habits and cooking skills in our community and we have received requests from the following organizations/initiatives:

### Young Carers Integrated Food Programme/Barnados kids summer activities.

We are looking to continue the delivery of cooking skills and growing education to young carers. Details of the cooking workshop is as written below.

Date: Friday 28th July, 2023

1st session: 9 - 11am

2nd session: 2 - 4pm

Location: "Cook at the Nook", CFINE, 2-4 Poynerook Road, Aberdeen, AB11 5RW.

### Aberdeen Foyer

The Aberdeen foyer is looking to deliver cooking skills and knowledge of cooking on a budget to their members.

Participants: about 10 - 15 participants

Date: availability between July 10th - 15th would be considered.

Session: 11am - 2pm (would consider splitting the session into morning and afternoon sessions if interest to volunteer is high)

Location: TBC (City centre)

If you are interested in volunteering for any of the above workshops/sessions please feel free to reach out. We will be happy to offer the necessary support to ensure you are well supported to deliver these sessions.

### Healthy Hoose Community Hub

We have been asked to deliver the C2C 6 week for healthy hoose community hub sometime in summer.

As this is a 6 week long course delivery, we would like to take availability from volunteers and use the information to determine what dates this workshop could be delivered.

Each session is expected to be about 2-3 hours once weekly for a 6 weeks period. We are keen that those who feel less confident in delivery are supported to begin to start delivering the course, so are planning to buddy up some keen but less experienced trainers with a more experienced trainer.

If you are interested in volunteering, please respond to the email from [gram.confidence2cook@nhs.scot](mailto:gram.confidence2cook@nhs.scot) or reach out to me to register interest and for further information.

And this is to drum up support for the upcoming summer cooking class sessions (details highlighted in the next column). If you are interested in buddying up and being a part of this, please be in contact for more information.

## Food safety Tips

**Purchase & Delivery:** Chilled foods below 8°C and frozen foods -15°C or colder

- Always purchase food from a reputable supplier
- Select chilled and frozen foods at the end of your shopping
- Check 'use by'/best before 'dates
- Separate raw/ready to eat and chemicals when shopping
- Foods containing allergens should be kept separate
- Reject damaged cans and packaging and cracked eggs
- Vehicle/driver-good personal hygiene practices
- Facilitator of session to purchase food for each session delivered.



Credit: C2C Food safety Manual.



Aberdeen City Health & Social Care Partnership  
*A caring partnership*

