

Summer 2008

A new source of funding began for the Community Chef project this April. In collaboration with Action in rural Sussex, the project has received 3 years funding from the Big Lottery Fund through the [Chances4Change](#) portfolio. The work across Sussex focuses on improving community cookery skills by training and supporting cookery leaders.

As well as delivering **Cookery Leader Training**, Robin Van Creveld, the Community Chef, will continue to run **Cooking for Life** classes, workshops and cookery demonstrations

Robin will also be piloting 2 new programmes: a holistic wellbeing course called **Nourish and Good Food for All** workshops which focus on core issues affecting our food system

The project now has a **blendavenda** smoothie bike which is available for hire.

The Community Chef website is under construction and will be online in July.
www.communitychef.org.uk



Aspiring cooks from Eastbourne Pupil Referral unit

Cooking for Life

Cooking for life courses, workshops and demonstrations present a holistic approach to food, health and cookery while encouraging people to take responsibility for their diets in a positive, sustainable and ethical way. The Community Chef will be working with these groups this summer:

Natural Rhythms

In partnership with the Sarah Lee Trust, Robin will be hosting Cooking for Life sessions with members of the Natural Rhythms support group, focussing on preparing wholefood cuisine using seasonal and wild ingredients

The Sara Lee Centre provides complementary therapy and counselling to people in palliative care.

www.saraleetrust.org.uk

Care for the Carers

Cooking for Life workshops for full time carers will be running in Eastbourne in July and August. A programme of cookery and food activities for Young Carers from across East Sussex will be taking place in Hailsham and Eastbourne during the summer holidays.

Care for the Carers support people in **East Sussex** (UK) who look after sick or disabled relatives, friends, neighbours, partners, or children in their own homes.

www.cftc.org.uk

Pupil Referral Units

As part of the Community Chef's independent living skills programme, Robin is running Cooking for Life sessions with pupils and staff from the Eastbourne, Lewes and Crawley Pupil Referral Units. The focus of this work is mainly on cookery skills and healthy eating, but participants also get to visit local farms and food producers.

Cookery Leader Training

Training and mentoring for people who are passionate about good food, who want to set up and run healthy cookery sessions/clubs or other food related activities within their community.

The Community Chef will be running this training with The Impact Foundation, Action in Rural Sussex, East Sussex Children and Family Centres, and West Sussex, Hastings and Rother, East Sussex Downs and Surrey Primary Care Trusts.

He is also developing Young Cookery Leader training.



Cookery Leaders, Sue Hargrave and Jeni Sharpe from Impact Foundation

Good Food for All

(Is a Fundamental Human Right)

Workshops exploring some of the core environmental, social and political food issues we now face and encouraging individuals and organisations to create a more sustainable and ethical food system for us all.

Participants investigate local, national and global food issue such as fair trade, food sovereignty, food miles, health and obesity, They will also find out more about local community food projects and activities.

The Community Chef will be running workshops in schools and for Millennium Volunteers from across Sussex this summer

Nourish

Nourish is a course for people with long term medical or mental health conditions who want to proactively improve their health and well being.

Cookery lessons, nutritional advice, vital food and taster sessions of yoga, meditation and tai chi, will be held in an idyllic natural environment. Participants will be able to find out more about complementary therapies such as Acupuncture, Ayurveda and herbal medicine and be part of a nurturing support group.

In partnership with Sussex Partnership Trust, The Sarah Lee Centre, Brighton's Breast Cancer Support Group and Care for the Carers the first Nourish course will be running at Powdermill Woods near Battle in September.

Summer Recipe

Singed strawberries and crunchy clusters

This dish takes less than 15 minutes to make and is perfect for using up gluts of soft fruit. You can make the clusters beforehand and store them in a dry cool place for up to a week. Serve with low fat Greek yoghurt.

Serves 4

Crunchy clusters:

- 2 tbsp chopped mixed nuts
- 2 tbsp pumpkin seeds
- 2 tbsp sunflower seeds
- 2 tbsp desiccated coconut
- 2 tbsp barley malt syrup or runny honey (one of each if you have both)

Line a baking tray with greased paper or a light coating of sunflower oil. Put a metal tablespoon into a cup of very hot water and have a mixing bowl ready. Start by dry frying the nuts and seeds in a large frying pan over a medium heat. Add the sunflower, pumpkin seeds and nuts to the hot pan and dry fry, stirring constantly until, they go a shade or two darker and then add the coconut. Dry fry until the coconut starts to toast. (Coconut burns very quickly!) Transfer into a bowl, and straight away add the honey or malt syrup. Stir well; wet your hands and then using the heated tablespoon take a spoon full of the mix and roll into little balls between your hands. Lay the clusters onto the baking tray and let them cool down. As they cool, the malt and honey hardens and the clusters become crunchy.

Singed strawberries

- 1 tbsp sunflower oil
- 2 punnets about 500g/1lb strawberries (destalked, washed and patted dry)
- 1 tbsp brown sugar (more if the berries are not very sweet)

Heat a large pan or wok and heat the oil. (The hotter the pan the better this dish works) Add the berries and stir fry for about a minute. Add the sugar and gently toss the berries around until the sugar starts to caramelize and the strawberries brown at the edges. Remove from the heat and serve in individual dishes, topped with a spoon or two of yoghurt, and some clusters.

Public Events

The Community Chef will be appearing at the following events, preparing and demonstrating healthy, seasonal dishes made with local produce:

Open Day, Hailsham East Community Centre,
Vega Close - 5 July,
11.00 to 15.00

Wealden District Council,
Pine Grove, Crowborough - 11 July,
12.30 to 14.00

Lewes Physical Activities Day,
Wave Leisure Centre - Lewes 13 July,
10.00 to 15.00

Hailsham Food and Physical Activity Day,
Playing Fields, Vega Close - 6 August,
10.00 to 14.00

Local Life Show, Winter Gardens, Eastbourne
- 4 October,
10.00 to 16.00



For more information about any of the activities or about the Community Chef project contact:

Robin Van Creveld

07766 526217 or 01424 773 790

robin@communitychef.org.uk

www.communitychef.org.uk