

## **June 2012**

### **About this e-bulletin**

Welcome to the 21st edition of the Food Futures e-bulletin - a monthly update featuring brief articles on local and national news, events, funding opportunities and developments that relate to food. We hope you find it informative and useful and would welcome any comments or suggestions you may have for the next edition.

**Please send all copy to Christine Raiswell on  
[c.raiswell@manchester.gov.uk](mailto:c.raiswell@manchester.gov.uk)**

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### **Events and Training:**

#### **Last chance to register for the next Food Futures Forum**

**Event: Food Futures Forum – Children and Families Food**  
**Date: 20th June 2012**  
**Time: 1.30pm – 4.00pm**  
**Venue: Cross Street Chapel**

The last few places are available for the next Forum. There will be presentations from the Food for Life Partnership and the Food Futures Children and Young People's Steering Group. There will also be plenty of opportunity for discussion about where we should focus our efforts in the city, and the chance to network with other people working on food and with children and young people in Manchester. Please email [c.raiswell@manchester.gov.uk](mailto:c.raiswell@manchester.gov.uk) if you haven't yet requested a place. A full programme will be sent to people already registered early next week.

#### **Come to Riverbank Market Garden!**

**Event: BBQ and Open Day**  
**Date: 9th June 2012**  
**Time: 10am – 3pm**  
**Venue: We are behind the Co-op at the junction of Barlow Moor Road and Hardy Lane. Go down the access road next to the dentist.**

There will be a free bbq cooking session at 12 – 1. Come and see how the market garden has been transformed and find out how you can get involved.

Contact us on [riverbankcommunitycafe@gmail.com](mailto:riverbankcommunitycafe@gmail.com)

## **Food, Weight and More Training available**

**Date:** Tuesday 12<sup>th</sup> June – 17<sup>th</sup> July 2012  
**Time:** 9.30am – 12.30pm  
**Venue:** Victoria Mill Hut, Lower Vickers Street, Miles Platting, M40 7LJ

Free 6 week basic nutrition course with optional accredited level 1 qualification. Learn about healthy eating and nutrition in a practical way whilst cooking and preparing lunch together!

For more information or to book your place please contact Vicki Greer at Adactus 0800 234 6826 / 0161 2032900 (press option 2). There also may be crèche places available, please speak to Vicki about this.

## **National Childhood Obesity week 2nd – 9th July**

National Childhood Obesity Week is coming and to help raise awareness Healthy Schools with support from other partners are holding an information morning for families.

**Date:** Wednesday 4<sup>th</sup> July 10am – 12pm  
**Time:** 10am – 12pm  
**Venue:** Wythenshawe Forum

There will be lots of practical advice available about eating well, getting active and maintaining a healthy weight. For more information contact Maqbul Rose [m.rose@cmft.nhs.uk](mailto:m.rose@cmft.nhs.uk)

## **Open Farm Sunday**

Hundreds of farms up and down the country are taking part in Open Farm Sunday on 17 June - a day when thousands of people visit farms to see for themselves what farmers do. It is a fantastic opportunity to hear the story behind the food we all enjoy everyday - from breakfast to supper.

There are a good number of organic farms taking part including Glebelands in Sale. For more information go to:

<http://www.soilassociation.org/visitanorganicfarm/openfarmsunday>

## **St Ann's Cafe & Bar**

For 17 days from 8-24 June, 2012, you'll find St Ann's Square bustling with an alfresco cafe & bar and a series of changing markets including:

- **Independent Book Market 8 & 9 June**
- **Manchester Day Bake & Cake Market 10 June**
- **St Ann's Food Fair 14 - 17 June**
- **St Ann's Craft & Gift Market 21 - 24 June**

See

[http://www.manchester.gov.uk/info/616/specialist\\_markets/5568/st\\_anns\\_cafe\\_and\\_bar/1](http://www.manchester.gov.uk/info/616/specialist_markets/5568/st_anns_cafe_and_bar/1) for more information.

## **More cooking with Cracking Good Food**

**Cunning Cakes – with Erika from the legendary Black Cat Cakery**

**Tues 12 June 6-9pm at Chorlton High £40/£35**

Learn the secrets of making the delicious double layered chocolate cakes and carrot cakes which are on sale at a number of independent cafes and outlets in Manchester. Both are vegan and one is also gluten free.

**Summer Punjabi Cooking with Harjinder**

**Sat 16 June 11am-2pm at Chorlton High £35/£30**

Harjinder, of Hairy Bikers 'Mum Knows Best' fame, is back by popular demand, with her new vegetarian summer menu – pureed spinach, moongi & channa dahl, carrot & potato curry, yoghurt boondi and 'hot off the tava' roti – as well as her usual fascinating and useful insights into the food and spices of the Punjab region.

**Lebanese Mezze with Deanna (from North Star Deli)**

**Tues 19 June 6-9pm Chorlton High £40/£35**

Deanna is back with her Middle Eastern delights, both meat & veggie, including baba ganoush, spanakopita, stuffed vine leaves and spiced lamb koftas. Learn how to get the perfect balance of Middle Eastern flavours with this popular session.

**Discovering Fish with Rob**

**Sat 23 June 11am-2pm Chorlton High £45/£40**

Our resident fish expert Rob is back due to popular demand, with this broad ranging fish session, where you will learn all about filleting fish and rustling up a range of delicious dishes including goujons with a spicy dip (you'll never buy

fish fingers again!) and a surprise oriental fish dish. A great way to expand your fish repertoire. All the fish is bought from Out of the Blue fishmongers who apply ethical standards to the sourcing of their fish.

### **Bread and Focaccia**

**Sat 30 June 10am-2pm Chorlton High £40/£35**

Rob is back with his extended breadmaking session covering all the basics of making the perfect loaf, plus easy and fabulous garlic naan breads and aromatic focaccia with red onion and rosemary. Suitable for all levels of experience, from absolute beginners to those wishing to perfect their skills. A four hour session with lots of time for questions and plenty of fabulous bread to take home at the end.

### **Japanese Cooking**

**Sat 15 Sept 11am-2pm Chorlton High £40/£35**

Kim is back with her session on the basics of Japanese cooking. Learn about cooking and eating the lighter way – make miso and tofu soup with a kombu dashi, delicious sushi with wasabi and umeboshi and make your own gomazio – an acid balancing alternative to table salt.

Also, we have now launched our NEW –

### **Student Survival Kit – Don't Leave Home Without It!**

A 4 session course from Wed 26 June 6-9pm & the 3 following Weds, Chorlton High £110 for all 4 sessions (£27.50 per session)

A course specially designed for 16-19 year olds who are about to leave home to go to college, university or into their first job. Everything you need to know about how to rustle up a tasty healthy meal from scratch on a budget, including stir fries, curries, stews n pies and some fast food favourites. As with all our sessions, you'll cook together and then sit down to eat together at the end.

## **Summer Foraging Event Chorlton Ees 12-3pm - Sunday 1st July: £20/£15**

This event finds us searching the green lanes, meadows and woodland of Chorlton Ees for high summer wild food delights. Summer is the season of flowers and early berries (at a push) so do expect a floral theme to our cooking. Fungi are playful this time of year too. Many of the finest chose our warmest months to show themselves but hot humid days followed by thunder storms and associated deluges are pretty much essential in the build up to this event for these savoury treats to be present. Either way, the hunt will be enjoyable and the post-walk eating, memorable.

## **Sunday 26th August Late Summer Forage Chorlton water Park 12-3pm : £20/£15**

By late August berry season will be fully upon us and with some luck the hedgerows may even yield some nuts. Think sloes, elderberries, blackberries, wild raspberries and you're pretty much on track for some of the days finds. But there will inevitably be much much more to find if previous searches around Chorlton Water Park are anything to go by. As is the way in summer, if it's been wet expect wild mushrooms to feature in our hunting and our dishes.

For any of our public sessions, please visit our website [www.crackinggoodfood.org](http://www.crackinggoodfood.org) for more details or to book online, or contact [fiona@crackinggoodfood.org](mailto:fiona@crackinggoodfood.org). You can also follow us on Facebook [www.facebook.com/crackinggoodfood](http://www.facebook.com/crackinggoodfood) or Twitter @crackinggood, or visit our blog at [crackingcooks.blogspot.co.uk](http://crackingcooks.blogspot.co.uk)

Our community programme is also busy...

On Wed 13 June we start our second of four six week programmes in partnership with the Greater Manchester Probation Trust

### **Life Skills Not Life – In Association with Greater Manchester Probation Trust & Manchester College**

Programme #2 - 6 week course commencing on Wed 13 June

We will be teaching a group of 6 ex offenders how to cook delicious healthy seasonal food on a budget. They will also be learning all about the basics of nutrition, digestion & absorption, healthy eating, budgeting, how to cook something fabulous from what's in your store cupboard and health, safety & hygiene in the kitchen.

The course will be accredited as an NOCN Level 2 certificate or award, depending on the contribution of the individual learner.

For more details contact [adele@crackinggoodfood.org](mailto:adele@crackinggoodfood.org) or [juliet@crackinggoodfood.org](mailto:juliet@crackinggoodfood.org)

### **NACRO – Community Space Challenge**

Fri 8 June, Fri 15 June, Fri 22 June, Fri 29 June

Cracking Good Food will be delivering 4 volunteer training cooking sessions at NACRO's Withington and Didsbury projects as part of the Community Space Challenge project, followed by a 'Learning through Lunch' event and opportunities for one-to-one volunteer training at Cracking Good Food events. Under the expert tutelage of Cracking Good Food cooking leaders, the service users will be cooking up a range of tasty healthy dishes including falafel, pork belly kebabs, salads, homemade burgers with oven baked wedges and salsa and veggie jalfrezi.

For more details contact [juliet@crackinggoodfood.org](mailto:juliet@crackinggoodfood.org) or [jenny.whitworth@nacro.org.uk](mailto:jenny.whitworth@nacro.org.uk).

### **Wythenshawe Dandelion Food Community in Association with Sustain**

Thurs 14 June at 5pm

12 members of the Wythenshawe Dandelion Food Community will be learning how to make a delicious veggie jalfrezi and rice at their Tree of Life Premises.

For more details contact [Tracey@crackinggoodfood.org](mailto:Tracey@crackinggoodfood.org)

### **Dig the City!**

"Dig the City" - Manchester's very own flower festival, is taking place at the end of July. Dig the City takes place from 24 - 29 July and will transform the area around Manchester Cathedral into a stunning floral showcase. There will also be associated displays and demonstrations taking place as part of this. If successful it is hoped that the flower festival will become an annual event.

For more information please see - <http://www.digthecity.co.uk/contact.php>

## **Free Healthy Eating for All Courses, accredited by the Royal Society for Public Health**

**Level 1:** this is an introductory and very practical course, including activities that can be used with service users. Participants will explore the basic principles of healthy eating, nutrients, eating well at different ages and special diets.

**2 days: Wednesdays 3rd AND 10th October 2012 9.30am - 4pm @ Cornerstones**

**Level 2:** This provides participants with knowledge and understanding of food and health, and nutrition. It includes key messages for those of different ages, wanting to lose weight and on special diets. The course aims to give participants the confidence to discuss food and health issues with others.

**\*\*Participants should have attended the Level 1 or have a basic knowledge of food and health\*\***

**6 half days: Thursdays 8th November - 13th December 2012 inclusive, 9.30am - 12.30pm @ Vallance Centre**

Both courses are assessed by a short multiple choice exam at the end of the course.

Application forms are available from the Manchester Public Health Development Service website under training:

[www.mphds.org](http://www.mphds.org).<<http://www.mphds.org>> For enquiries, Brian Goodman  
0161 248 1768

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### **Local News:**

#### **Community First Funding**

£30 Million is now available to fund community projects in some of the most deprived areas of the country. People will be encouraged to give time, expertise and resources towards the projects they identify in their areas. The government will match these pound for pound, helping to stimulate local action towards meeting community needs. The eligible wards in Manchester

are: Ancoats and Clayton, Baguley and Newall Green, Bradford, Brooklands, Charlestown, Cheetham, Crumpsall, Gorton North, Gorton South, Harpurhey, Levenshulme, Miles Platting, Moss Side, Moston, Northenden, Sharston, Whalley Range and Woodhouse Park. For more information visit:

[www.manchestercommunitycentral.org/community-first](http://www.manchestercommunitycentral.org/community-first)

## **Give a Woman a Cabbage ...**

**Growing Faith in Community** is working with **Cheetham Communities Together** to teach people calling into the Welcome drop-in Centre how to grow herbs, fruit and vegetables for use in the kitchens, where staff cook hot meals for centre users. Many of those involved are also now thinking about using whatever space they have to grow food on balconies, in gardens and containers. It's early days, but already showing much promise. As the saying goes, give a woman a cabbage and she'll feed her family for a day, but teach her how to grow ....

### **For more information contact:**

Rev. David Gray,  
GFIC / CCT  
The Welcome Centre,  
Trinity Church,  
Cheetham.

[rev.elation4.1@ntlworld.com](mailto:rev.elation4.1@ntlworld.com)

## **Keep up to date with Zest Activities and News with the New Zest Blog**

Get the latest news on Zest and Zest activities with our new blog! Updated regularly it has the latest information from us as well as local partners. Includes food and nutrition courses as provided by our food co-ordinator. Take a look now at <http://www.zestactivities.blogspot.com/>

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## **National News:**

### **Food Safety Week (11-17th June 2012)**

Organised by the Food Standards Agency, this year the theme is 'Food safety on a budget' and will use the campaign 'Your fridge is your friend' headline helping people to keep food safe and making their budget go further.

The week will focus on safe use of leftovers, understanding and adherence to 'use by' dates and providing meal planning tips to help put the advice into practice. A communications toolkit and resources are available for organisations who would like to support the national campaign with local activity. This can be found at [www.food.gov.uk/foodsafetyweek](http://www.food.gov.uk/foodsafetyweek)

## **European Commission adopts landmark list of permitted health claims**

Health claims on food labelling and in advertising, for example on the role of calcium and bone health or vitamin C and the immune system, have become vital marketing tools to attract consumers' attention. Therefore EU consumers expect accurate information on products they buy, in particular on the health claims the products may put forward.

Today, a list of 222 health claims has been approved by the Commission. This list is based on sound scientific advice, will be used throughout the EU and will also help to remove misleading claims from the market before the end of the year. For more information go to

<http://europa.eu/rapid/pressReleasesAction.do?reference=IP/12/479&aged=0&language=EN&format=HTML&guiLanguage=en>

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