

**This month heralds British Food Fortnight which celebrates the diverse and delicious range of food that Britain produces. Come along to our 'Souper Soup!' session to get ready for the cold months ahead and learn to make some tasty and delicious new soups using local British produce.**

**Fun was had by all at our Family Holiday Club in Riley Square**

From August 30<sup>th</sup> – September 1<sup>st</sup> we held a family holiday club in Riley Square, Bell Green. Each day we hosted an open cooking session and over the course of the club, we showed people how to make **carrot cake muffins**, chocolate courgette cakes, muffin pizzas and lunchtime wraps. Everyone loved getting stuck in and were very proud of their food creations! We also offered samples of tropical fruits such as dragon fruit and mango and made fruit smoothies using honey and vanilla essence to flavour instead of sugar. Recipes for everything we made at the family club can be found on our website: [www.cookandeatwell.co.uk](http://www.cookandeatwell.co.uk)



- ❖ For more pictures of cooking activities at the family club, see the Photo Gallery on our homepage- if you came along to the club, you may be on there!
- ❖ Look out for similar things happening near to you soon. And if you like the sound of the dishes we made, sign up to one of our cooking sessions where we will be cooking similar things for you to make and try!

**Recipe of the month- Carrot Cake Muffins (serves 6)**

**Ingredients**

- 75g grated carrot
- 75g soft brown sugar
- 75ml oil
- 1 small egg
- 100g self raising flour
- 1/4 tsp bicarbonate of soda
- 1/2 tsp cinnamon

**Simple steps**

- 1) Place muffin cases in a muffin tin and heat the oven to 170C/Gas mark 3
- 2) Put all the ingredients in a bowl, mix lightly
- 3) Spoon into the muffin tin and bake for 15 -20 minutes

**Top Tips**

- If you don't have a muffin tin use a loaf tin but cook for longer (30 - 40 minutes)
- For a special occasion top with 50g low fat cream cheese mixed with 25g low fat margarine and 25g icing sugar



## World's Biggest Coffee Morning – Healthy Cake Recipes

The World's Biggest Coffee Morning is Macmillan Cancer Support's biggest fundraising event. They ask people across the UK to hold a coffee morning, where donations on the day are made to Macmillan. Macmillan Cancer Support helps improve the lives of people affected by cancer, both those living with cancer and also their families and carers. Coffee and cake are a perfect combination; so try our recipe of the month: Carrot Cake Muffins, and see other healthy cake recipes on our website. This is a great way of having your cake... and eating it, but consuming fewer calories and working towards your five-a-day! For more information on the Coffee Morning, see:

<http://coffee.macmillan.org.uk/Home.aspx>



### What's on near you this month?

Have a go at cooking at one of our hands on sessions! All our cooking sessions are FREE to attend. Booking is essential: Please call 02476 582251 to book, or see [www.cookandeatwell.co.uk](http://www.cookandeatwell.co.uk) for other cooking sessions taking place throughout the year

#### **Cooking for absolute beginners**

Discover the basics of cooking and get the chance to try them out. If you have never cooked before or don't feel completely confident about cooking on your own, this session is for you!

- St Peter's Centre, Charles Street, Hillfields, Wednesday 12<sup>th</sup> October, 1.30 - 4.30
- Middleride Community Centre (The Hut), Willenhall Wood, Thursday 20<sup>th</sup> October, 1.30-4.30

#### **Souper soup!**

Find out how to make some delicious hot soup and fresh bread for those cold autumn and winter nights

- Bell Green Library, Riley Square, Friday 14<sup>th</sup> October, 11.00 - 1.00

#### **Easy Cooking for One**

Get some great ideas about how to make cooking for one less hassle.

- Middleride Community Centre (The Hut), Willenhall Wood, Thursday 20<sup>th</sup> October, 9.30 - 12.30
- Foleshill Fire Station, Foleshill Road, Saturday 29<sup>th</sup> October, 1.30 - 4.30

#### **Thrifty Nifty Nosh**

Whipping up healthy and delicious dishes isn't difficult. Come to this free half day cooking session to find out more about healthy eating and cooking on a budget

- St Peter's Centre, Charles Street, Hillfields, Wednesday 12<sup>th</sup> October, 9.30 - 12.30

#### **VEG out with cake!**

Come to this free cake baking session to make (and eat!) some yummy and healthy cakes made from vegetables. Have a try of some carrot cake and some chocolate courgette cake.

- Foleshill Library, Broad Street, Thursday 6<sup>th</sup> October, 1.00 - 2.30

#### **"Cut back on fat" – Simple ways to reduce fat**

We all know too much fat is bad for us, but we don't always know where it's lurking.

Cutting off visible fat from meat and draining off fat after cooking are easy ways to cut down on fat. Grilling meat instead of frying it is a great idea too.

Swapping foods is another top tip and means you don't have to miss out. Try these simple food swaps:

Deep Fried Chips → **Oven Chips**  
Full Fat Milk → **Skimmed or Semi-Skimmed Milk**  
Ice Cream → **Lower fat frozen yoghurt**  
Cheddar Cheese → **Lower fat Cottage Cheese**

### **Fancy winning a hamper of food, gym membership for a year and a meal for two at a top Coventry restaurant?**

Then get creative in the kitchen and send us your favourite recipe. You don't have to be an expert - this is about good, healthy, home cooking from all kinds of local people. The winning recipe will take home the prizes - plus the glory of being the best in Coventry! Recipes will be judged on: cost, taste, how easy it is to make, creativity and preparation time. Your recipe should take less than 30 minutes to prepare and cook and will also need to be healthy, and contain at least three different types of fruit or veg. All entries need to be submitted by midnight on the 9th December 2011. See the website ([http://www.cookandeatwell.co.uk/info/5/enter\\_the\\_competition](http://www.cookandeatwell.co.uk/info/5/enter_the_competition)) for further details.



## Cooking TASTER sessions in Coventry (2011)



All sessions are free to attend- we provide all ingredients, however booking is essential:

Phone 0845 388 2369

Email [cookandeatwell@groundwork.org.uk](mailto:cookandeatwell@groundwork.org.uk)  
to sign-up to a session

### Cooking for absolute beginners

*Discover the basics of cooking and get the chance to try them out. If you have never cooked before or don't feel completely confident about cooking on your own, this session is for you!*

Canley Community Centre, Prior Deram Walk, Thursday 18<sup>th</sup> August, 1.30 – 4.30  
Vicroft Court, 17 Queen Victoria Road, City Centre, Saturday 3<sup>rd</sup> September, 1.30 – 4.30  
St Peter's Centre, Charles Street, Hillfields, Wednesday 12<sup>th</sup> October, 1.30 - 4.30  
Middleride Community Centre (The Hut), Willenhall Wood, Thursday 20<sup>th</sup> October, 1.30-4.30

### Easy Cooking for One

*Get some great ideas about how to make cooking for one less hassle.*

Hope Centre, Vauxhall Street, Hillfields, Thursday 14<sup>th</sup> July, 5.45 - 8.45  
Radford Fire Station, Radford Road, Friday 12<sup>th</sup> August, 9.30 – 12.30  
Middleride Community Centre (The Hut), Willenhall Wood, Thursday 20<sup>th</sup> October, 9.30 – 12.30  
Foleshill Fire Station, Foleshill Road, Saturday 29<sup>th</sup> October, 1.30 – 4.30  
Henley Green Community Centre, Wyken Croft,  
Thursday 24<sup>th</sup> November, 5.45 – 8.45

### Healthy Indian cooking

*Find out how to prepare some healthier versions of your favourite Indian dishes*

St Barnabus Family Centre, Cromwell Street, Paradise, Monday 14<sup>th</sup> November, 9.15 – 12.15

### Simple Summer Suppers

*Come along to this half day session to find out how you can cook meals for the summer months when you fancy something lighter than your hearty winter food!*

Radford Fire Station, Radford Road, Friday 12<sup>th</sup> August, 1.30 – 4.30  
Canley Community Centre, Prior Deram Walk, Thursday 18<sup>th</sup> August, 9.30 – 12.30



## **Souper soup!**

*Find out how to make some delicious hot soup and fresh bread for those cold autumn and winter nights.*

**St Barnabus Family Centre, Cromwell Street, Paradise, Wednesday 7<sup>th</sup> September, 11.00 - 1.00**

**Bell Green Library, Riley Square, Friday 14<sup>th</sup> October, 11.00 – 1.00**

**Henley Green Community Centre, Wyken Croft, Tuesday 1st November, 5.45 – 7.45**

## **Tasty Take Away**

*Have a go at speed cooking some favourite take away dishes for a fraction of the price! Chinese noodles and fat potato wedges are two of the specials on today's take out menu.*

**Middleride Community Centre (The Hut), Willenhall Wood, Wednesday 13<sup>th</sup> July, 12.30 – 2.30**

**Hope Centre, Vauxhall Street, Hillfields, Monday 26<sup>th</sup> September, 5.45 – 7.45**

**Canley Fire Station, Sir Henry Parks Road, Wednesday 9<sup>th</sup> November, 5.45 – 7.45**

## **Teddy bears picnic**

*Today's the day the teddy bears have their picnic! So come along and make a tasty picnic lunch for you and your teddy bear. (Children must be accompanied by an adult)*

**Willenhall Library, Remembrance Road, Thursday 11<sup>th</sup> August, 11.00 – 12.30**

**Bell Green Library, Riley Square, Monday 15<sup>th</sup> August, 11.00 – 12.30**

**Canley Community Centre, Prior Deram Walk, Friday 26<sup>th</sup> August, 11.00 – 12.30**

## **Thrifty Nifty Nosh**

*Whipping up healthy and delicious dishes isn't difficult. It can be fast, helps you look and feel fantastic, and it needn't break the bank. Come to this free half day cooking session to find out more about healthy eating and cooking on a budget. Have a go at cooking some family dishes and tasting new foods. Meet some new people. Have some fun!*

**Salvation Army, Upper Well Street, City Centre, Wednesday 20<sup>th</sup> July, 5.45 – 8.45**

**Vicroft Court, 17 Queen Victoria Road, City Centre, Saturday 3<sup>rd</sup> September, 9.30 - 12.30**

**Warwick Road Church Centre, Warwick Row, City Centre, Tuesday 6<sup>th</sup> September, 5.45 – 8.45**

**Foleshill Leisure Centre, Livingstone Road, Tuesday 27<sup>th</sup> September, 5.30-8.30**

**Bell Green Community Centre, Old Church Road, 30<sup>th</sup> September, 10.00-1.00**

**St Peter's Centre, Charles Street, Hillfields, Wednesday 12<sup>th</sup> October, 9.30 – 12.30**

## **VEG out with cake!**

*Come to this free cake baking session to make (and eat!) some yummy and healthy cakes made from vegetables. Have a try of some carrot cake and some chocolate courgette cake. And wash it all down with a nice cup of tea!*

**Bell Green Community Centre, Old Church Road, Tuesday 20<sup>th</sup> September, 10.30-12.30**

**Foleshill Library, Broad Street, Thursday 6<sup>th</sup> October, 1.00 - 2.30**

