



Spring into summer with some delicious, light evening meals to help you feel great and look fantastic! Get FREE cooking session demos and recipes with Cook and Eat Well in Coventry - there is bound to be something to suit your taste!

To find out what's on near you and try our recipe of the month, visit the website:

www.cookandeatwell.co.uk

In future we will be sending this newsletter via e-mail. If you wish to receive this and have not provided us with your e-mail address, please send this (along with your full name) to cookandeatwell@groundwork.org.uk. **These details will NOT be shared with third parties.** If you do not have an e-mail address and wish to receive this by post, please telephone 0845 388 2369.

What's on near you? Come along to one of our FREE sessions...

All sessions are FREE to attend. We will be arranging more at different locations, venues and times (including evening and weekend sessions). Please sign-up to these through our website or by phone.

"VEG OUT with Cake!" - Monday 13th June, 1.00-2.30pm at Central Library & Tuesday 28th June, 10.30am-12.00pm at Tile Hill Library. Come to this free cake baking session to make (and eat!) yummy and healthy cakes made from vegetables. Have a try of carrot cake and chocolate courgette cake.

"Thrifty Nifty Nosh" - Tuesday, 14th June, 1.30-4.30pm at Foleshill Women's Training. Whipping up healthy and delicious dishes can be fast, help you look and feel fantastic, and it needn't break the bank. Come to this free cooking session to find out more about healthy eating and cooking on a budget. **This is a women's only session.**

"Cooking for absolute beginners" – Monday, 27th June, 9.30am-12.30pm at Bell Green Community Centre. 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 is for you!

"Simple, Summer Suppers" – Monday 27th June, 1.30-4.30pm at Bell Green Community Centre. 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!

We also work with community groups of all ages and types, looking at different aspects of cooking. This may be cooking on a budget, healthy Asian cooking, exciting lunchbox ideas with parents and children or with people young and old who are just beginning to cook for themselves! All the sessions give great ideas and practical tips on how you can make food cheaper, healthier and tasty. If you would like us to deliver a session for your group or a group you are a member of, please get in touch!

Enter our Competition!

Fancy winning a hamper of food, gym membership for a year and a meal for two at a top Coventry restaurant, plus more? 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 prize - plus the glory of being the best in Coventry.

Your recipe should take less than 30 minutes to prepare and cook. It will also need to be healthy, and contain at least three different types of fruit or vegetables.

Come along to one of our cooking sessions to give you tips and ideas to help you enter the competition.

Did you come to the launch?



If so email us at cookandeatwell@groundwork.org.uk and tell us what you thought of the event and if you have tried any of the recipes we demonstrated.

Got an appetite for doing something amazing? We need you!

We are looking for volunteers to get involved with a range of activities including office work, supporting cooking clubs and helping on display stands at events. An information evening is being held on 8th June 5.30-6.30pm at Citibase, 101 Lockhurst Lane. Why not come along to find out more and meet the team?

Do you enjoy cooking, meeting new people and having fun?

If that sounds like you, why not become a **Community Food Champion** and run a cooking club in your local area. It's an exciting challenge, but there's no need to worry that you're biting off more than you can chew. We can offer free training, support, funding and resources to get you going. For more information contact Claire at cookandeatwell@groundwork.org.uk

The first cooking club in Coventry has now started! Community Food Champion Jo-Ann Perry-Straker of Middle Ride and Barley Lea Children's Centres runs 'Cooking Conversations' every Monday 9.30-11.30 (term time only) at St Bartholomew's Primary School, Bredon Ave. If you are a parent/carer/grandparent with children aged 0-5, why not come along and have a go at creating and tasting some delicious new dishes. Contact Jo-Ann for more information on 024 7678 8448.