



getting people into healthy food, and healthy food into people

edinburghcommunityfood.org.uk

Established 1996

Introducing.....the **Edinburgh Community Food** annual general meeting

Don't spend your lunch break in the office: join our teams for a feast of information, food and discussion.

On the Menu of the day:

- Lashings of soup and delicious sandwiches
- The expansion of the ECF premises and the social enterprise
- Showcase of the work of the Food and Health Development Team
- Celebrating success

Don't miss out. Please hold the date for our AGM

Monday 23 March 2015

To book your seat now, please contact Karen on:

0131 467 7326
or

kmiller@edinburghcommunityfood.org.uk

Where: Out-of-the-Blue, 36 Dalmeny Street, EH6 8RG



Time: 1pm – 3pm (lunch at 1.15)

'Everybody should really try and do a class, it helped in a way that I think that all the mums should get a chance to do it in Edinburgh' - Faith

'It gave me a lot more confidence in the kitchen and made me feel a lot more confident in my abilities' – Judith

'It's great and I would recommend it to anybody I really would. I want to come back!' - Tami

'Everyone is loving the variety and quality of the fruit deliveries' - Julie Connor - The Leith Agency

'The Introduction of a fruit selection to our office has truly broadened each of our diets and promoted much healthier eating habits. Also worth a mention is the regular newsletter you provide for healthy eating featuring new fruits and recipes' - Lorraine Sinclair - Stewart Property Services

'This is the kind of information (healthy workplace workshop) everyone should have access to, a really enjoyable intro. It makes me want to learn more' - JCI Member