

ROSE HILL COMMUNITY LARDER



Rose Hill Community Larder received £2,500 to provide sustainable access to healthy, affordable food through cooking and healthy eating initiatives.



The weekly Community Larder, run by Magdalen College School, provides healthy food at very low cost at Rose Hill Community Centre. The staff and volunteers create a welcoming place that is well-organised and friendly, with a great choice of food and other items, including lashings of colourful fresh fruit and vegetables. They also run 'Let's Get Cooking' activities to demonstrate different ways of using food. Their focus on using seasonal ingredients and reducing food waste creates healthy and nutritious meals which can be widely enjoyed.

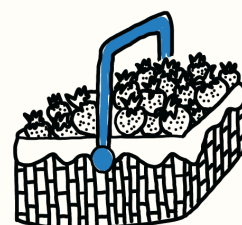


"The funding has enabled us to show people how easy it is to make something delicious without too much effort."



HEALTHY FOOD FOR ALL

Nearly 100 people of all ages - from 30 to 80 - come to the Community Larder each week. Each person or family can choose a generous number of items, plus unlimited fruit and veg. There are also some other items available on an ad hoc basis, such as toiletries.



'LET'S GET COOKING!'



well
together

Rose Hill Community Larder provides a wide choice of healthy food and also runs pop-up 'Let's Get Cooking' events, focusing on seasonal ingredients and reducing food waste to create healthy and nutritious meals which can be widely enjoyed. In addition to fresh food provided, each week they receive surplus food from local allotments.



At their 'Souper Tasty Recipe' events, they make different types of soups such as minestrone and Turkish lentil soup, delicious and easy that anyone can make and everyone will enjoy. Everyone gets a taster pot of the soup and extras to add, such as grated cheese, herbs, lemon zest, croutons and chili. Each person gets an ingredients kit with recipe card. People made soup at home, experimenting with ingredients and took photos to share - they included Hungarian, Georgian, Indian and Italian soups. The Larder encourages people to share recipes, talk about the food they make, and develop new relationships with food.



"Getting veg from the Larder has encouraged me to make soups which I then freeze and eat throughout the week. I'm hugely grateful." (Attendee)

"This week the local allotmenters gave us their surplus damsons, runner beans, apples, tree spinach, marrows and pears. And no miles travelled!" (Larder coordinator)



www.mcsoxford.org/about-us/partnerships/community-larder/