

# Food

## SPECIAL EDITION OF OUR NEWSLETTER



### Warwickshire Food Strategy

This provides a shared approach and a plan of action which agencies and organisations across Warwickshire can commit to.

It has been developed through the Warwickshire Food Forum Partnership.

The Food Forum has an agreed vision to work together effectively to ensure a supply of good quality, healthy and affordable food for everyone.

This means fewer people with diet-related ill-health, fewer people experiencing food insecurity and reduced levels of food-related waste and greenhouse gases.

The strategy is structured around three priority areas, each with its own objective. These will be achieved through actions which are set out in the Warwickshire Food Strategy delivery plan.

1. Affordability and access
2. Food education and choice
3. Sustainable choices



### FIND OUT MORE HERE

<https://searchout.warwickshire.gov.uk/homepage/37/warwickshire-food-strategy>

## Food Provision in Rugby

Below are the organisations, groups, and places that low cost or free food can be sourced.



### Rugby Foodbank

*"THE FOODBANK WAS THERE WHEN WE REALLY NEEDED IT, IT WAS AN ABSOLUTE LIFELINE."*

We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis.

Phone us [07557 680019](tel:07557680019)

Email us [info@rugby.foodbank.org.uk](mailto:info@rugby.foodbank.org.uk)

Website <https://rugby.foodbank.org.uk/>

Facebook [https://www.facebook.com/rugbyfoodbank/?locale=en\\_GB](https://www.facebook.com/rugbyfoodbank/?locale=en_GB)

Find us at the Lawn & Retreat (next to Benn Hall),  
Newbold Road, Rugby  
CV21 2LN



### Dunchurch Pantry

<https://www.facebook.com/DunchurchPantry/>

With the cost of living rising and benefits reducing, some of us may struggle a little. Dunchurch Pantry is a place where you can get free food to feed you and your family. No questions asked, discreet and confidential. Just take what you need.





## THE BENN PARTNERSHIP CENTRE

### Meet and eat Community Cafe

Website: <https://www.bennpartnership.org.uk/community/>

A free Lunch every Friday 12-2pm

The meet and Eat Community Café is a community space where everyone is welcome to come along and share a meal, spend time together, make friends and chat.

**Free supermarket food** is also available, Please check their Facebook page for updates

[https://www.facebook.com/bennpartnershipcentre/?locale=en\\_GB](https://www.facebook.com/bennpartnershipcentre/?locale=en_GB)

Address: Railway Terrace, Rugby CV21 3HR

Phone: [01788 553033](tel:01788553033)

Email: [info@bennpartnership.org.uk](mailto:info@bennpartnership.org.uk)



## RUGBY CLC SHINE COMMUNITY HUB

Website: <https://www.rugbyclc.com/shine-community-hub/>

Rugby CLC Food Aid provides fresh fruit and vegetable hampers to households in need in the New Bilton, Long Lawford, Cawston and Bilton areas of Rugby. We work in partnership with Neighbourly and Fareshare Go and we receive referrals from number of local agencies working with those who are struggling financially. A community support worker is available by appointment to help with applications for benefits, jobs or even college places. Contact [sara.rattenbury@rugbyclc.com](mailto:sara.rattenbury@rugbyclc.com) for more information.

Rugby Christian Life Centre, Lawford Road, Rugby, CV21 2JE

Email: [Welcometochurch@rugbyclc.com](mailto:Welcometochurch@rugbyclc.com)

Telephone: 01788 552227





## The Chapel Newbold



**Website** <https://www.yourlocalpantry.co.uk/pantry-listings/rugby-the-chapel-pantry-newbold/>

The Chapel, Main Street, Newbold on Avon CV21 1HH

Newbold Chapel is situated 200m up the road from the Co-op on Newbold's main street.

### Newbold Food Pantry

Open on Wednesday afternoons. If you live in Newbold and would be interested in attending, please contact Lucy to see if any places are available: [thechapelnewbold@gmail.com](mailto:thechapelnewbold@gmail.com) or call **07764 758474**. Members pay £3 per week for which they can access 10+ items of food along with a drink and chat. There are two sessions, one of which is aimed at people who struggle with crowded environments.

**Facebook** [https://www.facebook.com/TheChapelNewbold/?locale=en\\_GB](https://www.facebook.com/TheChapelNewbold/?locale=en_GB)

## Christ Church Brownsover

### Brownsver Family Winter Project

Provide all school age families in Brownsver the opportunity of a free two-course hot meal for the whole family twice a week until March 2025

### BF LUNCH CLUB

Every Monday at 11 a.m. for 2 hours (term time only)

Board games, food and positivity

<https://cnb.hubb.church/>

Address: Christ Church - Brownsver, Helvellyn Way RUGBY, CV21 1QE, United Kingdom

Phone: 07417 544 073

Email: [admin@beneficebcn.org.uk](mailto:admin@beneficebcn.org.uk)



## Further Food Provision Across Rugby

Type	Organisation	Location	Contact
Community orchards and vegetable plots	New Bilton Community Association	New Bilton	<a href="mailto:newbiltoncommassocrugbyuk1@outlook.com">newbiltoncommassocrugbyuk1@outlook.com</a>
Vegetable farm and share scheme	Five Acre Farm	Rugby-wide	<a href="mailto:info@fiveacrefarm.org.uk">info@fiveacrefarm.org.uk</a>
Growing spaces, training, projects	Garden Organic	Rugby-wide	<a href="mailto:enquiry@gardenorganic.org.uk">enquiry@gardenorganic.org.uk</a>
Rugby food gardens network	Transition Town	Rugby-wide	<a href="mailto:rugbytransitiontown@gmail.com">rugbytransitiontown@gmail.com</a>
Community garden	Christ Church Brownsover	Brownsover	<a href="mailto:vicar@beneficebcn.org.uk">vicar@beneficebcn.org.uk</a>
Allotments	Various associations	Rugby-wide	<a href="https://www.rugby.gov.uk/w/allotments">https://www.rugby.gov.uk/w/allotments</a>
Food voucher scheme	Rugby Foodbank	Rugby-Wide	<a href="mailto:info@rugby.foodbank.org.u">info@rugby.foodbank.org.u</a>
Community pantry	The Chapel	Newbold	<a href="mailto:thechapelnewbold@gmail.com">thechapelnewbold@gmail.com</a>
Social isolation project, but access to surplus food if needed	Making Connexions	Newbold, Brownsover/ Hillmorton	<a href="mailto:thechapelnewbold@gmail.com">thechapelnewbold@gmail.com</a>
Food Pantry		Dunchurch	<a href="https://www.facebook.com/DunchurchPantry/">https://www.facebook.com/DunchurchPantry/</a>
Holiday activities and food / cooking sessions	Make Lunch	New Bilton / Overslade / Rugby-wide	<a href="mailto:makelunchrugby@gmail.com">makelunchrugby@gmail.com</a>
Holiday activities and food	Brownsover Winter Family Project/Holiday Scheme	Brownsover	<a href="mailto:vicar@beneficebcn.org.uk">vicar@beneficebcn.org.uk</a>
Christmas hampers	Christ Church Brownsover	Brownsover	<a href="mailto:vicar@beneficebcn.org.uk">vicar@beneficebcn.org.uk</a>
Food hampers	Bilton Evangelical Church	Bilton	<a href="mailto:discipleship@becchurch.org.uk">discipleship@becchurch.org.uk</a>
Warm hubs (some offer food)	Various	Various	<a href="https://www.wrccrural.org.uk/services/wrcc-warm-hubs/warm-hubs-network/">https://www.wrccrural.org.uk/services/wrcc-warm-hubs/warm-hubs-network/</a>
Love Bank and Food Kitchen Project	Love Heart Community CIC	Town centre	<a href="https://loveheart.org.uk/our-latest-projects/">https://loveheart.org.uk/our-latest-projects/</a>
Cultural cooking sessions (World Kitchen)	Community Welcome	Town centre	<a href="mailto:hello@communitywelcome.co.uk">hello@communitywelcome.co.uk</a>
Health eating cooking sessions	Adult & Community Learning	Rugby-wide	<a href="mailto:acl@warwickshire.gov.uk">acl@warwickshire.gov.uk</a>



## Rugby Community Cooking Resources

*Cooking equipment available on free loan*




### COOKING KITS AVAILABLE TO HIRE FOR FREE FOR GROUP COOKING SESSIONS

#### Each crate includes:

- An induction hob
- An induction saucepan with lid
- A bag of utensils which includes:
  - Chopping boards set
  - Kitchen knife
  - Can opener
  - Measuring jug
  - Grater
  - Peeler
  - Large plastic spoon
  - Hand sanitiser
  - Measuring spoons



**Also available: Five weighing bags, containing digital scales and bowls**



#### To book any of the cooking equipment:

Contact Warwickshire County Council's Rugby Area Team

Room 43, Rugby Town Hall  
 Evreux Way  
 Rugby  
 Warwickshire  
 CV21 2RR  
 Email: [cdwrugby@warwickshire.gov.uk](mailto:cdwrugby@warwickshire.gov.uk)  
 Call: 01788 533656



The word 'Compass' is written in a white, outlined, sans-serif font on a green rectangular background.

The free programme that helps Warwickshire children, young people and families live healthier lives.

The Change Makers service is part of Connect for Health, your school nursing service. We offer free support for healthy eating and lifestyles. We can help you to change your eating habits and give you the tools to make healthier decisions in the future.

We offer a selection of healthy lifestyle programmes including workshops for parents and carers.

The Change Makers Healthy Lifestyle Programme is designed around the concept of behaviour change, helping children to consider adopting a healthier lifestyle. The programme is run after school with families for 7 weeks and each session is 60 minutes. The sessions are interactive and cover the following topics: Eatwell Guide, portion size, food labelling, physical activity, my healthy day, fruit and vegetables, sugar and oral health. Individual 1-1 sessions are available for families if a group setting would not be considered appropriate.

<https://www.compass-uk.org/change-makers-healthy-lifestyles-service/>

# Lunch Clubs and Coffee Mornings across Rugby

Week at a glance...  
Some weekly, some fortnightly, some monthly, in or near our five priority neighbourhoods in Rugby...

Reference	Group Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	St Oswald's Church							
2	Rugby Salvation Army							
3	St Georges Church							
4	The Chapel Newbold							
5	St John Hillmorton							
6	St Andrew Church							
7	Anya Court Care Home							
8	Rugby United Reform Church							
9	Hub Café							
10	Rugby Baptist Church							
11	St Peter & St John Church							
12	Rugby Library							
13	Re-Engage							
14	The Benn Partnership							
15	Long Lawford Lighthouse							
16	Christ Church Brownsover							
17	Dunchurch Baptist Church							

### Lunch Clubs, Community Cafes & Coffee Mornings In Rugby



- Hot food at reasonable prices
- Every day of the week
- Opportunities to meet others

cdw@rugby@warwickshire.gov.uk 01788 533656

@RugbyCommunities

Spring/Summer 2024 issue

### St Matthew's & St Oswald's Church

**Connexions**  
A place to meet old friends, and maybe new ones

Connexions on Tuesdays Mornings from 11am to 1:00 pm. Free lunch

St Oswald's Church, Lawford Road Rugby CV21 2HR

Email: [theo@office@m2o.org.uk](mailto:theo@office@m2o.org.uk)  
Phone: 01788 330440

### Rugby Salvation Army

The Lunch Club for the over 55's is operating every week, on a Wednesday at 12.15. Followed by CAMEO Friendship group (Come And Meet Each Other) Phone 01788 542347

Friday 10am - 4:30pm Warm Welcome. Drop in for chat, coffee, craft, games and a free light lunch served at 12:30pm.

### Coffee Morning & Tea and Chat

### ST GEORGE'S CHURCH, RUGBY.

There is a Coffee Morning happens on the 2<sup>nd</sup> Saturday of the month at 10.30am to 12pm

The Tea & Chat happens on the 2<sup>nd</sup> Tuesday of every month at 2 - 4pm

Contact : Carol Davies  
[baptisms@stgeorgesrugby.org.uk](mailto:baptisms@stgeorgesrugby.org.uk)  
Email: [office@stgeorgesrugby.org.uk](mailto:office@stgeorgesrugby.org.uk)

The Community Development Team produces other information leaflets and posters which may be of interest...

- Drop-ins for information, advice or support in Rugby
- Lunch clubs, community cafes & coffee mornings in Rugby
- Job clubs and more in Rugby
- Exercise classes for people aged 50+ in Rugby
- Social groups for ages 50+ in Rugby
- Mental health and wellbeing support in Rugby
- Connect with English in Rugby (ESOL classes)
- Activities and support for people living with dementia in Rugby

These leaflets and posters can be downloaded from [www.facebook.com/RugbyCommunities](http://www.facebook.com/RugbyCommunities)

If you spot any errors or if any amendments are needed, please email [cdw@rugby@warwickshire.gov.uk](mailto:cdw@rugby@warwickshire.gov.uk) or call 01788 533656 to let us know. We provide the information for you in good faith and make every effort to keep it accurate and up to date but we cannot guarantee this and so it is your responsibility to check the accuracy of the information. Some of the information may be provided by a third party or have links to external sites. We are not responsible for this content you need to satisfy yourself that the information is correct.

[www.facebook.com/rugbycommunities](http://www.facebook.com/rugbycommunities)

### Community Lunch, Long Lawford

**Refresh at Long Lawford Lighthouse**, School St, Long Lawford, CV23 9AT Wednesdays 9am - 1:00pm term-time. Coffee & cake. Lunch at 12 noon. Wi-Fi and access to charge phones/laptops etc. No charge. universal credit access. Lawford Light House

Long Lawford Methodist Church  
School Street, Long Lawford CV23 9AT  
Church Enquiries 07504133449

### Meet and Eat Lunch Club

**At Christ Church** 2 Hevellyn Way, Brownsover, Rugby CV21 1QG. A freshly cooked two course meal for £3, plus tabletop games and Bingo (50p) Mondays between 11am and 1pm. (Term time only)

<https://www.cnbpublishes.org.uk/christchurch.htm>

### Route 41 Community Cafe

**At Dunchurch Baptist Church** Coventry Road, Dunchurch, Rugby CV22 6PF. <https://www.dunchurchbaptist.org.uk/>

Open on the 3<sup>rd</sup> Tuesday of every month, 9:30 - 12 noon.

For tea, coffee and light refreshments.  
Children play space available. Everyone welcome! Do pop in!

### The Chapel Newbold

The Chapel Newbold runs a café on Mondays, 12.30 - 2pm, followed by a food pantry for members. For details of other activities, visit <https://www.facebook.com/TheChapelNewbold/>



### St John the Baptist Hillmorton

Providing a monthly opportunity to gather and chat over coffee, biscuits and cake, on the last Saturday of the month.

The Locks, Hillmorton, Rugby CV21 4PP

Phone: Church Administrator  
Phone: 07500 386545

### 13 Bells Café

St Andrew's Church

**Step into the welcoming Thirteen Bells Cafe which is at the heart of the town centre community.** The Thirteen Bells Café happens throughout the week.

Current opening times are:  
Monday - Friday 10am-1.30pm  
and Saturday until midday

Phone: 01788 565609  
Email: [office@rugbychurch.org.uk](mailto:office@rugbychurch.org.uk)

### Friendship Café

**Anya Court**

Please join us for our monthly Friendship Café, for those living with dementia and their accompanying carers. These friendly and informal gatherings are free to attend.

1<sup>st</sup> Wednesday & 3<sup>rd</sup> Saturday of the month 2pm-4pm

2.30pm to 3.30pm we have a percussion/drumming session with In2Cultures in the lounge and in thecafé we have a selection of small art activities and games

If you would like to come along, our friendly Customer Relationship Manager Leesa Marriott would be happy to welcome you. Just give them a call on 01788 811976 or email them on [leesa.marriott@hallmarkcarehomes.co.uk](mailto:leesa.marriott@hallmarkcarehomes.co.uk) to let them know you'll be popping by.

Tel: 01788 811976  
286 Dunchurch Road, Rugby, CV22 6JA

### Living Room at the Library at Rugby Library

Everyone's welcome for refreshments, company, games and puzzles, crafts, Wi-Fi and occasional speakers.

Rugby Library, Little Elborow Street, Rugby, CV21 3BZ  
Mondays 9.30am - 11am  
Search Rugby Library on Eventbrite

### Re-engage Group

Re-engage - monthly social tea parties for those 75+ who feel isolated and find it difficult to get out on their own. Transport provided.

Contact Elaine Cook for more information  
Tel: 07732 946155  
Email: [elaine@astrodyne.co.uk](mailto:elaine@astrodyne.co.uk)

### The Benn Partnership

**Meet & Eat Community Cafe**  
FREE Lunch including a home cooked main meal, puddings and drink.  
Every Friday from 12pm-2pm  
From time to time, we will have guest speakers.  
Railway Terrace, Rugby CV21 3HR  
01788 553033

### Rugby Baptist Church Luncheon Club and Rugby Baptist Church Coffee Morning

### Rugby Baptist Church

Tuesdays at 12.00pm  
A 2-course meal and drink for £6

### Coffee Morning

Fridays 10.30am-12.30 noon  
Tel: 01788 570410  
John Lees Hall  
Regent Place, Rugby  
office@rugbybaptist.org.uk

### St Peter & St John Church

Community lunch is on Wednesdays, 12.45pm, after the communion service which starts at noon.

Coffee, Cake and Crafts takes place on the second Thursday of the month, 10am to 12 noon, cost is £2.

St Peter's Road, Rugby, CV21 3QP  
[www.peterjohnchurch.org.uk/](http://www.peterjohnchurch.org.uk/)



### Rugby United Reformed Church

The community lunch is on each Friday at 12.30, the cost is £6. It consists of a main course followed by dessert and a hot drink. The meals are homemade and produced by our qualified chef assisted by a willing band of helpers. A chance to get together once a week

**Rugby United Reformed Church**  
40 Hillmorton Road, Rugby, Warwickshire, CV22 5AD  
Contact Robbie Grant for more details  
Tel: 01788 535201  
Email: [churchsec@rugbyurc.org.uk](mailto:churchsec@rugbyurc.org.uk)

### The Hub Café

Rugby Methodist Church Centre, Russelsheim Way

Our café at Rugby Methodist Church Centre on Russelsheim Way sells drinks, snacks, lunches and delicious cakes.

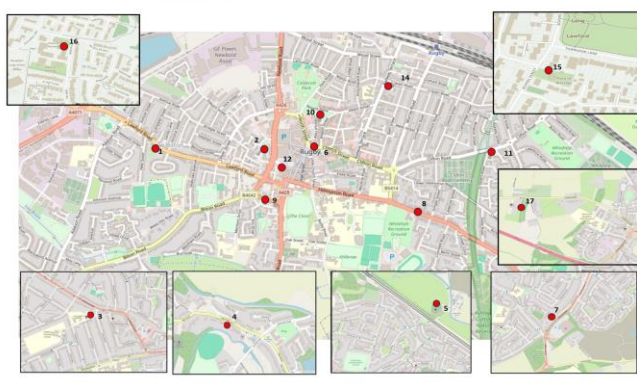
Tuesday 10am - 12pm  
Wednesday 10am - 12pm  
Thursday 10am - 12pm  
Call: 01788 579068  
Email: [howardgibbins@gmail.com](mailto:howardgibbins@gmail.com)

1. St. Matthew's and St. Oswald's Church  
2. Rugby Salvation Army  
3. St. George's Church  
4. The Chapel Newbold  
5. St. John's Hillmorton  
6. St. Andrew's Church

7. Anya Court Care Home  
8. Rugby United Reform Church  
9. The Hub at Rugby Methodist Church  
10. Rugby Baptist Church  
11. St. Peter's & St. John's Church  
12. Rugby Library

13. Re-engage (not shown on map)

14. The Benn Partnership  
15. Long Lawford Lighthouse  
16. Christ Church Brownsover  
17. Dunchurch Baptist Church





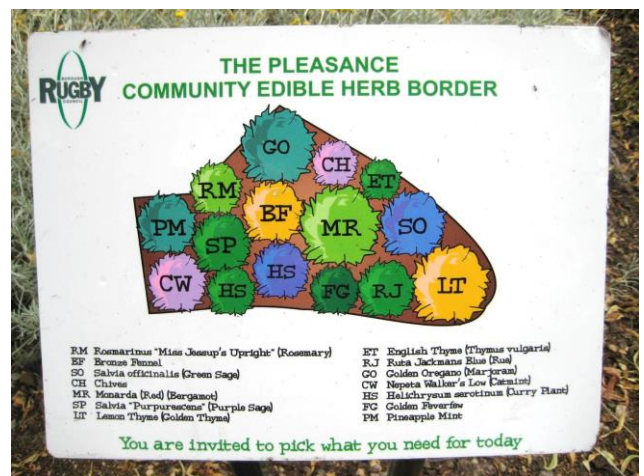
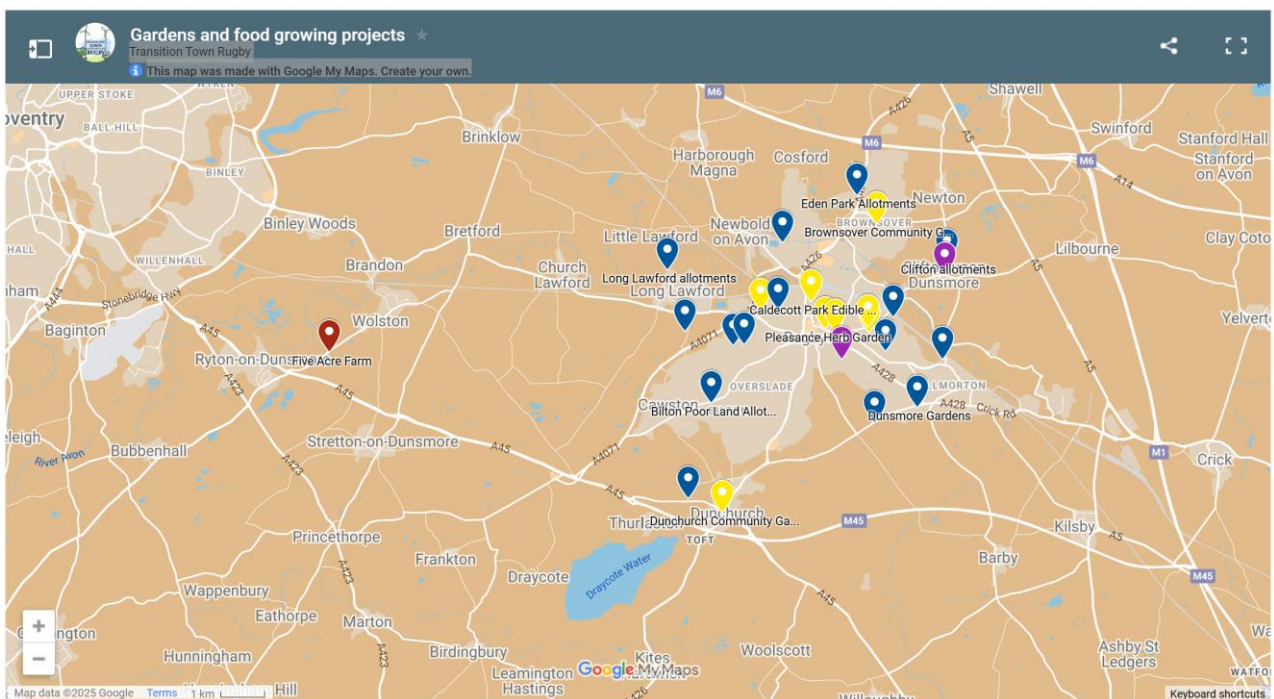
# Transition Town Rugby

## Rugby Food Gardens Network

This network is to help residents of Rugby to access facilities for growing their own food, and to get in touch with groups and individuals who are already doing it. In doing so we also hope to encourage mutual support and knowledge sharing.

Locations across Rugby are shown on the map below. If you know about a community garden, allotment or project which is not shown, you can [add to our map by completing the form](#).

Transition Town Rugby can also help you get your project up and running! If you are interested in starting a new project and have a location in mind, you can also add that information to the map.



Pleasance Heat Resilient Garden Church Street Rugby. The herb garden was the first area to be completed as part of Rugby Borough Council's edible gardening project.

<https://www.transitiontownrugby.org/initiatives/rugby-food-gardens-network>

## Allotments

Independent allotment associations manage council-owned allotments in Rugby.

For information about allotment availability, contact the associations below:

Association	Location	Contact
Bilton Poor Lands Allotment Association	Alwyn Road	Call: Chris Godding on 07918 888782
Eden Park Allotment Association	Eden Park	Visit: <a href="#">Eden Park Allotment Association website</a> Email: <a href="mailto:secretaryepaa@gmail.com">secretaryepaa@gmail.com</a>
Freemantle Allotment Association	Freemantle Road	Email: <a href="mailto:freemantleallotments@gmail.com">freemantleallotments@gmail.com</a>
Hillmorton and Paddock Allotment Association (H&PAA)	Dunsmore Gardens, Ashlawn Road Triangle Site, Ashlawn Road	Visit: <a href="#">H&amp;PAA website</a> Email: <a href="mailto:nigelstrange1@gmail.com">nigelstrange1@gmail.com</a>
Lansdowne Allotment Association	Lansdowne Place	Visit: <a href="http://www.lansdowneallotmentassociation.co.uk">www.lansdowneallotmentassociation.co.uk</a> Email: <a href="mailto:committee@lansdowneallotmentassociation.co.uk">committee@lansdowneallotmentassociation.co.uk</a>
Newbold Glebe Allotment Association	Egerton Close	Email: <a href="mailto:newboldglebeallotment@gmail.com">newboldglebeallotment@gmail.com</a>
The Kent Allotment Association	The Kent	Email: <a href="mailto:kent.allotment.garden@gmx.co.uk">kent.allotment.garden@gmx.co.uk</a>
Whinfield Community Allotment Association	Clifton Road Addison Road	Whinfield Community Allotment Association manages both Clifton Road and Addison Road allotments. Please state which site you're interested in. Email: <a href="mailto:whinfieldcaa@gmail.com">whinfieldcaa@gmail.com</a>
Wolston and Brandon Allotments Association	Warwick Road, Brandon	Call: Ray French on 024 7654 46753

## Adult Learning

PET-Xi is a training specialist who work to make a difference to people's lives, firing up their minds with engaging and positive learning experiences designed to help school students to achieve their target grades, jobseekers to get back into employment or those in business to upskill and progress with their goals.

**WOULD YOU LIKE TO BUILD YOUR CONFIDENCE WITH NUMBERS AND BUDGETING OR EVEN BE ABLE TO HELP YOUR CHILDREN WITH THEIR HOMEWORK?**

If the answer is yes, sign up to our fantastic new programme and unlock your potential.

The programme will help you with:

- Budgeting and money management.
- Understanding banking, interest rates and tax.
- Reading bus timetables and journey planning.
- Shopping and price comparisons
- Planning meals and reading recipes
- Fun with numbers, confidence to support children with homework

Various course dates running each month!

Sign up here: <https://www.pet-xi.co.uk/signup>



## HAF

Holiday activities and food (HAF) is a government funded programme for children on benefit tested free school meals between the age of four and 16. The programme provides fun, enriching activities for children to attend during the Easter, Summer and Christmas holidays as well as at least one meal whilst they are taking part in the activity.

[Holiday activities and food \(HAF\) - SearchOut](#)



## Free School Meals

Families who receive the following are eligible for free school meals:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

### Providing free school meals to families with no recourse to public funds (NRPF)

FSM eligibility has been permanently extended to children in households with no recourse to public funds (NRPF)

- [More information on eligible groups.](#)

Young people who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

If you receive a qualifying benefit, free school meals are available for:

- Pupils at any school maintained by the authority (including a sixth form at a maintained school)
- Students aged between 16 and 18 on 31 August in the following academic year. Students who turn 19 during their study programme will remain eligible for a free meal until the end of the academic year in which they turn 19, or to the end of their study programme, whichever is sooner. Students at colleges must apply directly to the college
- Pupils attending maintained nurseries if they are attending both before and after lunch. Free school meals are not available to children attending private nurseries

<https://admissions.warwickshire.gov.uk/Synergy/Enquiries/Citizen/FreeSchoolMeals.aspx>



## Easy Ways to Eat Well



### Healthy recipes

Healthy eating doesn't need to be dull. Whip up tasty, affordable family meals with our easy step-by-step recipes.

[Healthy eating and healthier weight - Warwickshire County Council](https://www.nhs.uk/healthier-families/recipes/)

<https://www.nhs.uk/healthier-families/recipes/>

## Chicken and vegetable parcels recipe

Wrap chicken breasts and finely sliced vegetables in their own little packages to steam to perfection.

Prep: 10 mins

Cook: 40 mins

Serves 4



### Ingredients

- 4 uncooked skinless, boneless chicken breasts
- 4 spring onions, trimmed and sliced
- 1 carrot, cut into matchstick strips
- 1 courgette, cut into matchstick strips
- 1 teaspoon Chinese 5-spice powder
- 1 teaspoon ground ginger
- 2 teaspoon reduced-salt soy sauce
- 1 pinch ground black pepper

### Method

1. Cut 4 pieces of greaseproof paper or baking parchment, each measuring approximately 30cm square. Put each chicken breast onto a separate square of greaseproof paper.
2. Mix the vegetables together and place an equal amount on top of each piece of chicken. Sprinkle with 5-spice powder (if using), the ginger, soy sauce and black pepper.
3. Fold up the paper to wrap up the chicken completely. Put the parcels into a steamer, cover and steam for 35 to 40 minutes.
4. Check that the chicken is properly cooked by unwrapping one of the parcels and inserting a sharp knife into the thickest part. The juices should run clear with no traces of pink.

It's important when steaming to make sure the water never boils dry. Check from time to time and top up with extra boiling water if needed.

5. Serve the chicken in the parcels, along with vegetables and noodles, rice or potatoes.

## Cheesy veggie wedges recipe

This recipe is so tasty! Perfect served cold in packed lunches or as a snack, it's equally good as a light dinner, served warm with a side of vegetables or salad.

Prep: 10 mins  
Cook: 25 mins  
Serves 4



### Ingredients

- 100g pasta shapes (or 300g cooked potato, in chunks)
- 1 teaspoon vegetable oil
- 1 small onion, chopped
- 1 courgette, grated
- 1 carrot, grated
- 4 eggs
- 50g reduced-fat hard cheese, grated
- 2 teaspoons dried mixed herbs
- 1 pinch ground black pepper

### Method

1. Cook the pasta shapes in boiling water for 10 to 12 minutes, until just tender. Once ready, drain thoroughly and rinse with cold water to cool them quickly.  
Information: You could use cooked potatoes instead of pasta. You will need about 300g altogether, chopped into chunks.
2. While the pasta is cooking, heat the vegetable oil in a non-stick frying pan and gently cook the onion for 3 to 4 minutes, stirring often. Remove from the heat and add the courgette, carrot and pasta (when ready). Mix well.
3. In a bowl, beat the eggs together and add the cheese. Stir in the dried herbs and season with some pepper.
4. Pour the egg mixture into the frying pan that has the pasta and vegetables and cook over a low heat for 4 to 5 minutes, without stirring, to set the base. Meanwhile, preheat the grill to medium-high.
5. Put the frying pan under the grill and cook for 4 to 5 minutes until the surface has set and is golden brown.
6. Remove from under the grill and leave to cool for a minute. Cut into 4 slices and serve with a side of vegetables or a salad.

## Love Food Hate Waste

<https://www.lovefoodhatewaste.com/>

Discover some simple hacks, tips and guidance to make the most of your food at home. Find out why it's so crucial that we all do our bit to save our food from the bin - and protect our beautiful planet at the same time too.



Every little thing you do, everyday, makes a huge difference. By working together, it soon adds up if you times each small action by 66 million people living in the UK. And, you'll save money on your shopping bill too!



Remove the stress out of buying, planning, storing and using up food: while saving money, time and our precious planet in the process. Sounds easy on paper, doesn't it? But we know life is busy.

Our **How do I?** guides will help you explore how to get the **greatest value from the food you buy** and make the most of the **time you have available to use it all up** - and **create more quality time to enjoy it too**.

You'll find different options to try with easy, time and money-saving ways to tackle food that might end up in the bin - that you can also adapt and tailor to fit into your life at home.

[Explore How do I? guides](#)

### BBC Budget Recipes and Advice

Our budget recipes, costed across four supermarkets, are £1 a portion when used with our low-cost store cupboard.

Ideas include:

Budget meal plans

Budget meals for one

Easy budget meals

Store cupboard recipes

<https://www.bbc.co.uk/food/budget>

**Garden Organic** is working in partnership with Rugby Borough Council to increase biodiversity in the town, through engaging local people in organic gardening, whether that be in a community garden, allotment or their own growing spaces.

Garden Organic Community Champions

<https://www.gardenorganic.org.uk>

<https://www.facebook.com/GardenOrganicUK>




**We are looking for Community Champions!**

**Are you passionate about:**

-  **Growing your own food?**
-  **Biodiversity and the environment?**
-  **Supporting new gardeners?**



**Scan here to sign up!**



**To find out more, visit our webpage here**




**CONTACT US**  
[rugby@gardenorganic.org.uk](mailto:rugby@gardenorganic.org.uk)  
 02476 303517



**Working in Partnership**






## A Garden Organic Volunteer Opportunity Community Champion: Rugby



Working in partnership, Rugby Borough Council and Garden Organic are excited to champion 'the organic way' using natural methods to promote healthy, productive, sustainable gardens. By recruiting, training and supporting Volunteer 'Community Champions' we will help nurture land, inspire growing and green space activities, embed sustainability in gardening practices, and impact positively on biodiversity.

### What does it involve?

Community Champions are volunteers who encourage people in their local community to support biodiversity and the environment through organic growing. Sharing skills and inspiring others to connect with the natural environment around us. They also offer advice to people who are already growing and may be having difficulties or need encouragement.



Anyone can be a Community Champion, you don't have to be an expert in organic growing. You'll join a network of likeminded volunteers, and with training and support from a local coordinator, together we can make a difference. Activities that you might get involved with include talking to friends, family, and neighbours, attending village fairs or giving talks to local groups.

### How much commitment do I have to make?

There is no absolute commitment, we appreciate your support sharing the projects messages, however you choose to do it. Some volunteers will spend around 30 hours each year. These hours include all travel and preparation time. This figure however is not a requirement.

### Is this for you?

We're looking for volunteers with an interest in growing and biodiversity, people that care about the environment and the impact of climate change.

You don't need to be an expert, you don't even need to have grown anything before. We will provide training, skills and support to equip you with the confidence to get growing yourself and go on to share these skills with others.

With your support we will engage and inspire more people across Rugby to get involved with green spaces and together deliver projects that support biodiversity and environmental benefits for people, places, and the planet.



### Find out more and get involved

This is an exciting new project and we'd love to hear from you if you're interested in becoming a volunteer.

If you follow the QR code it will take you straight through to the application form, alternatively you can contact Heather Thomas, your local project coordinator who will be happy to answer any questions and explain more about the project.



[rugby@gardenorganic.org.uk](mailto:rugby@gardenorganic.org.uk) or 024 7630 3517

Working in partnership

[www.gardenorganic.org.uk](http://www.gardenorganic.org.uk)



# Sustainable Container Growing; Free Workshop

Tuesday 13<sup>th</sup> May  
Brownsover Community Centre  
6-7:30pm

garden.  
organic



Come along to learn how to grow in containers in a more sustainable way. Learn about the advantages and disadvantages, and how to feed and water your containers. Make the most of your outdoor space with our interactive workshop.

Scan here to book your  
space:



## Warwickshire Food Champions

Newly appointed food champions are ready to serve up their knowledge across Warwickshire!

A group of seventeen residents have recently completed a series of training sessions organized by Warwickshire County Council. These newly appointed Food Champions are now ready to support and promote food-related projects across Warwickshire as ambassadors for the Warwickshire Food Strategy.

The training covered various topics, including cooking on a budget, food hygiene, public health, and community food growing. The goal was to equip the Food Champions with the knowledge to help their communities eat healthier, more affordably, and sustainably.

These volunteers will collaborate with local groups to share their expertise, helping residents make healthier food choices that are both budget-friendly and environmentally conscious.



## Soil Association Plant & Share Month

### The month of April

Plant & Share returns in April 2025 to help inspire the nation to get growing, together.

Plant and Share Month has four key themes, with handy resources and tips each week to support your growing activities:

- [Week One: Growing for All](#)
- [Week Two: Growing to Eat](#)
- [Week Three: Growing for Joy](#)
- [Week Four: Growing for Nature](#)

[Plant & Share Month 2025 | Sustainable Food Places](#)



If you would like to contribute to a future issue, please send in your information to [cdwrugby@warwickshire.gov.uk](mailto:cdwrugby@warwickshire.gov.uk)