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# Cyrenians Good Food

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A pictorial recipe book



Cyrenians

# Introduction

It can be easy to take food for granted forgetting the major role it plays in our lives and on our health. Good food not only provides us with healthy nourishment but can also enrich our lives, providing enjoyment through the social aspect of sharing meals with friends and family.

The Cyrenians Good Food Programme is a social enterprise with a mission to bring good food and healthy lifestyles to people who are experiencing disadvantage, isolation, poverty, homelessness and social exclusion. The Programme includes cookery classes (more than 200 a year) for individuals with little or no experience or confidence in cooking, including many clients with a range of complex needs including poor literacy and numeracy skills. We encourage people to enjoy all that food can offer, make independent choices, take ownership of their diet and have the opportunity to cook a meal from scratch, using fresh ingredients, increasing skills and confidence to do it again.

Recognising the positive health and social benefits cooking classes can have, led to the Good Food Programme becoming a registered centre for REHIS courses. We regularly deliver Food Hygiene, Elementary Food and Health and Food and Health for Carers of Adults with a Learning Disability. We also deliver the REHIS/Cyrenians Joint Award Good Food Good Health which trains people to run their own cooking classes, including those who might support people with learning disabilities. More recently our course delivery has extended to the new REHIS Elementary Cooking Skills course that is of interest to a wide range of individuals who would like to learn basic cooking skills to use in a variety of settings.

Quite often we find someone may need support when making a dish for the first time. People can sometimes find it difficult to follow a standard text based recipe which can curb enthusiasm, lead to confusion, anxiety and lack of confidence.

The aim of this booklet, which contains 16 of our most popular recipes, is to provide easy to follow guidance on preparing each dish. Images can be more engaging, they can be understood quickly and easily and can clearly and simply communicate a message. These pictorial recipes are for anyone who finds it easier to follow a recipe step-by-step, using the photographs as a guide to preparing a dish for the first time supported or unaided, or as a prompt after previously preparing the dish in a class. The ingredients list can help in planning a shopping list.

We would like to say an enormous "thank you" to two of our volunteers, Tracy Bogan and Esther Halcrow who have given considerable time and commitment to carefully and methodically producing and sequencing the photographs for the recipes and to Rebecca Jack for producing the artwork for the recipe book itself. We would also like to thank Community Food and Health (Scotland) for providing the funding to publish this work.

We hope this booklet helps people take a step towards making better food choices, encourages someone to prepare a dish from scratch and increase their interest and enjoyment in having a go at cooking for themselves. Building skills, confidence and self esteem can lead to greater independence, inspiring people to try new things, and lead to a more satisfying and healthier diet.

Chris Stevenson  
Food and Health Development Coordinator



Further information on the work and publications available from Community Food and Health (Scotland) can be found on their website: [www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)

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All the recipes should be prepared following good hygiene practices and safe and careful use of kitchen equipment such as ovens and knives.

# Fishcakes

## Ingredients



300g potatoes (approx. 5 medium sized)



300g white fish



Or 2 small tins tuna/salmon



25g butter/spread



Milk



2 tablespoons fresh parsley  
(or 2 teaspoons dried)

# Fishcakes continued

## Ingredients



2 eggs



100g breadcrumbs



Salt and pepper



1 lemon

...continued overleaf

# Fishcakes continued

## Method



1. Peel and chop potatoes



2. Place in saucepan



3. Put in saucepan and cover with cold water



4. High heat



5. Bring to the boil



6. Low heat

# Fishcakes continued

## Method



7. Simmer for 10-15 minutes



8. Drain potatoes



9. Add butter



10. Mash potatoes



11. Put fish and little milk in deep frying pan



12. Cook for 5 minutes on medium heat

...continued overleaf

# Fishcakes continued

## Method



13. Remove from milk



14. Flake fish with fork



15. Chop parsley



16. Beat eggs



17. Mix the fish and parsley into potatoes



18. Add little salt and pepper

# Fishcakes continued

## Method



19. Add ½ the egg mixture



20. Mix together



21. Divide into 8 equal size pieces



22. Shape into flat, round patties,  
on a floured surface



23. Dip into egg



24. Coat with egg

...continued overleaf

# Fishcakes continued

## Method



25. Dip into breadcrumbs



26. Coat with breadcrumbs



27. Repeat for all



28. High heat



29. Oil in clean frying pan



30. Fry fish cakes for a few minutes

# Fishcakes continued

## Method



31. Turn and fry other side for a few minutes



32. Serve with lemon wedge, side salad or salsa

# Pea and mint soup

## Ingredients



1 large potato



1 clove garlic



1 stock cube



1 onion



1 knob of butter



1 heaped teaspoon mint

# Pea and mint soup

continued

## Ingredients



1 small packet of frozen peas

...continued overleaf

# Pea and mint soup

continued

## Method



1. Slice onion



2. Wash potato



3. Chop potato into small pieces



4. Chop garlic into small pieces



5. Low heat



6. Put knob of butter into saucepan

# Pea and mint soup

## continued

### Method



7. Melt butter



8. Add onion and garlic



9. Stir in, to coat with butter



10. Add potatoes



11. Stir in and cook for 5-10 minutes



12. Add stock cube to pint of hot water

...continued overleaf

# Pea and mint soup

## continued

### Method



13. Add stock to saucepan



14. Stir in



15. Cook for 10 minutes



16. Add frozen peas



17. High heat



18. Bring to the boil, and cook for 5 minutes

# Pea and mint soup

continued

## Method



19. Remove from heat, add mint



20. Blend with hand blender



21. Until soup is smooth



22. Serve

# Spicy lentil and tomato soup

## Ingredients



1 tin of tomatoes



25g lentils



1 onion



1 stick celery



1 carrot



1 pint (285ml) of water

# Spicy lentil and tomato soup continued

## Ingredients



1 stock cube



$\frac{1}{4}$  teaspoon pepper



Pinch of chilli powder



$\frac{1}{4}$  teaspoon ground cumin



$\frac{1}{4}$  teaspoon ground coriander

...continued overleaf

# Spicy lentil and tomato soup continued

## Method



1. Put lentils in saucepan



2. Add water to saucepan



3. High heat



4. Bring to the boil, cook for 10 minutes



5. Slice onion



6. Wash carrot

# Spicy lentil and tomato soup continued

## Method



7. Wash celery



8. Chop carrot



9. Chop celery



10. Once lentils have cooked for 10 minutes



11. Add vegetables to lentils



12. Low heat

...continued overleaf

# Spicy lentil and tomato soup continued

## Method



13. Add tomatoes



14. Add stock cube



15. Add spices



16. Add spices



17. High heat



18. Bring to the boil

# Spicy lentil and tomato soup continued

## Method



19. Low heat



20. Simmer for 20 minutes



21. Optional – mash for a smoother texture



22. Serve

# Cheese sauce

## Ingredients



250ml milk



25g butter/margarine



25g flour



100g strong/mature cheddar cheese



Salt and pepper

# Cheese sauce continued

## Method



1. Grate cheese and set aside



2. Melt butter in saucepan over a medium heat



3. Add the flour



4. Cook for a few minutes, stir constantly



5. Add a little milk



6. Stir into a paste

...continued overleaf

# Cheese sauce continued

## Method



7. Gradually add rest of the milk, stirring in each time



8. Cook for 2-3 minutes, once sauce thickens



9. Add salt & pepper. Optional – add ½ teaspoon of mustard



10. Add cheese



11. Stir in cheese until it melts



12. Finished sauce

# Chicken curry with rice and curry salad

## Ingredients



2 chicken breasts (diced)



1 tablespoon oil



1 onion



1-2 cloves of garlic



1 pepper (green or red)



2 teaspoons mild curry powder

...continued overleaf

# Chicken curry with rice and curry salad continued

## Ingredients



1 vegetable or chicken stock cube



1 small tin of chopped tomatoes

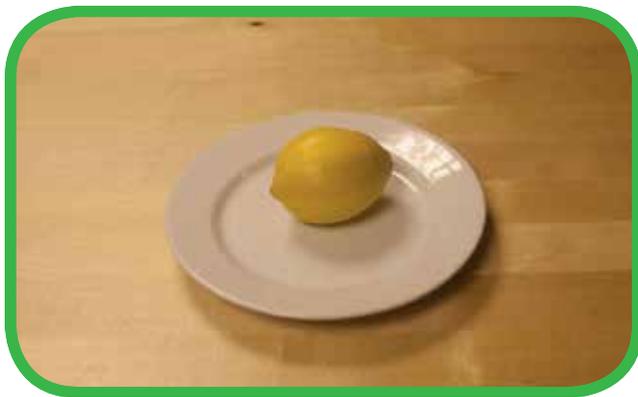


125g long grain or basmati rice



### **CURRY SALAD INGREDIENTS**

1 banana



1 lemon



1-2 dessertspoons of desiccated coconut

# Chicken curry with rice and curry salad continued

## Method



1. Slice onion



2. Chop or crush garlic



3. Deseed and chop pepper



4. Add oil to saucepan



5. Add onion and garlic to saucepan



6. Cook for a few minutes

...continued overleaf

# Chicken curry with rice and curry salad continued

## Method



7. Add pepper and cook for few minutes



8. Add the diced chicken



9. Cook until no longer pink



10. Low heat



11. Stir in curry powder, cook for 1 minute



12. Add tomatoes

# Chicken curry with rice and curry salad continued

## Method



13. Add stock cube, diluted in little water



14. High heat



15. Bring to the boil



16. Low heat



17. Simmer for about 30 minutes



18. Cook rice according to pack instructions

...continued overleaf

# Chicken curry with rice and curry salad continued

## Method



19. Spoon the curry onto the cooked rice to serve



20. **For banana salad:** slice the banana



20. Cut the lemon into wedges



21. Squeeze a little lemon juice onto banana



22. Sprinkle with desiccated coconut



23. Serve with the curry

# Frittata

## Ingredients



1 large potato



3 tablespoons olive oil



1 onion



4 eggs



50ml single cream



½ teaspoon salt

...continued overleaf

# Frittata continued

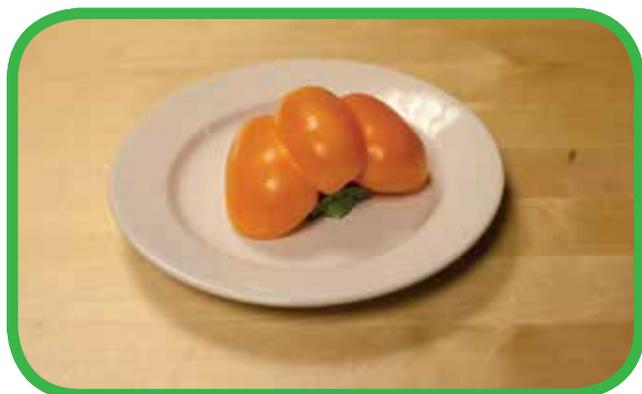
## Ingredients



½ teaspoon marjoram



65g cooked sausage/chorizo



OR red pepper and chilli



65g cheddar cheese, crumbled

# Frittata continued

## Method



1. Preheat oven to 180°C



2. Wash potato



3. Peel and chop potato



4. Put potato in saucepan with water



5. High heat



6. Bring to boil, cook for 5 minutes until just cooked

...continued overleaf

# Frittata continued

## Method



7. Drain potatoes



8. Set aside



9. Slice onions



10. Put 2 tablespoons oil in frying pan



11. Low heat



12. Add sliced onions

# Frittata continued

## Method



13. Cover with lid



14. Sweat onions until soft and golden brown (approx. 10 minutes)



15. Remove from heat, set aside



16. Break eggs into mixing bowl



17. Whisk until slightly frothy



18. Add cream

...continued overleaf

# Frittata continued

## Method



19. Add salt



20. Add marjoram



21. Add onions



22. Add potatoes and sliced sausage/chorizo



23. Stir together



24. Add 1 tablespoon olive oil to frying pan, over medium heat

# Frittata continued

## Method



25. Pour mixture into frying pan



26. Stir briefly to distribute ingredients evenly



27. Sprinkle cheese on top and spread evenly



28. Place in oven, cook for 25-35 minutes until centre has set



29. Remove from oven and leave to cool for a few minutes



30. Turn onto a large plate to serve

...continued overleaf

# Macaroni cheese

## Ingredients



150g macaroni



250ml milk



25g flour



25g butter/margarine



100g strong/mature cheese



Salt and pepper

# Macaroni cheese continued

## Method



1. Fill large saucepan with water, add pinch salt, bring to the boil



2. High heat



3. Add macaroni



4. Cook for 10 minutes



5. Drain pasta and put aside



6. Grate cheese, put aside

...continued overleaf

# Macaroni cheese continued

## Method



7. Melt butter in saucepan over a medium heat



8. Add flour



9. Stir constantly for few minutes



10. Add a little milk



11. Mix into paste



12. Gradually add rest of the milk

# Macaroni cheese continued

## Method



13. Cook for 2 – 3 minutes, stirring constantly until mixture thickens



14. Add pepper. Optional – ½ teaspoon of mustard for extra flavour



15. Add ½ the cheese



16. Stir in until all the cheese melts



17. Finished sauce



18. Add pasta to the sauce and pour into pie dish

...continued overleaf

# Macaroni cheese continued

## Method



19. Sprinkle the rest of the cheese on top



20. Place under the grill for a few minutes



21. Once top is golden brown, serve with side salad

# Sausage casserole

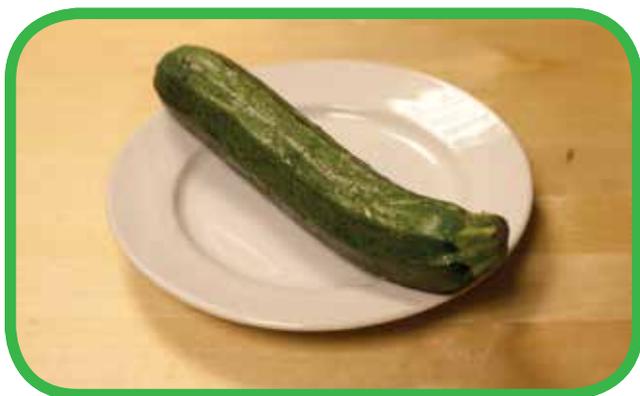
## Ingredients



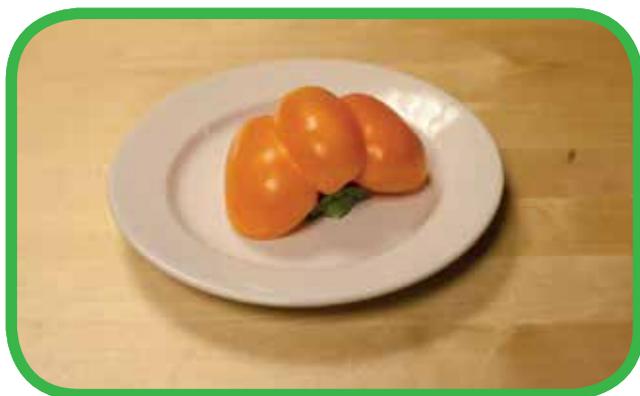
4 sausages



1 onion



1 courgette



½ pepper



2-3 mushrooms



½ teaspoon mixed herbs

...continued overleaf

# Sausage casserole

continued

## Ingredients



1 stock cube



Vegetable oil



Pepper

# Sausage casserole

## continued

### Method



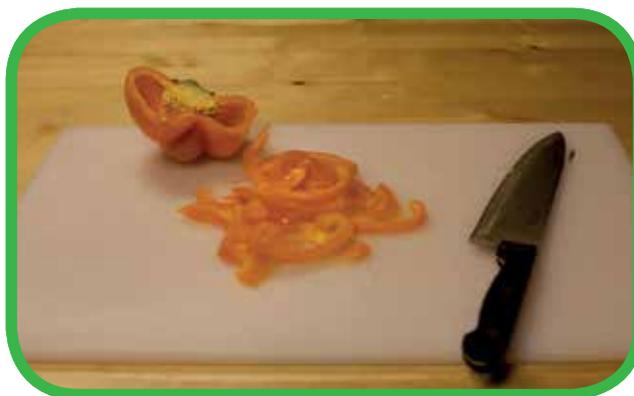
1. Grill sausages lightly (just browned, will be cooked again later)



2. Put sausages on plate to one side



3. Slice onion



4. Slice pepper



5. Slice courgette



6. Slice mushrooms

...continued overleaf

# Sausage casserole

continued

## Method



7. High heat



8. Add tablespoon of oil to saucepan



9. Add onion



10. Fry for a few minutes



11. Add pepper



12. Add courgette and mushrooms

# Sausage casserole

continued

## Method



13. Fry vegetables for a further 3 minutes



14. Add tinned tomatoes



15. Add stock cube and stir to dissolve



16. Add herbs



17. Chop sausages



18. Into thick slices

...continued overleaf

# Sausage casserole

continued

## Method



19. Add sausages to the saucepan



20. Low heat



21. Simmer gently for 10-15 minutes



22. Add pepper to taste



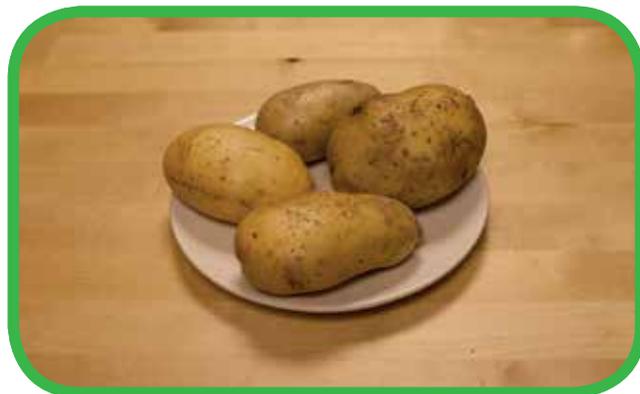
23. Serve

# Shepherd's pie

## Ingredients



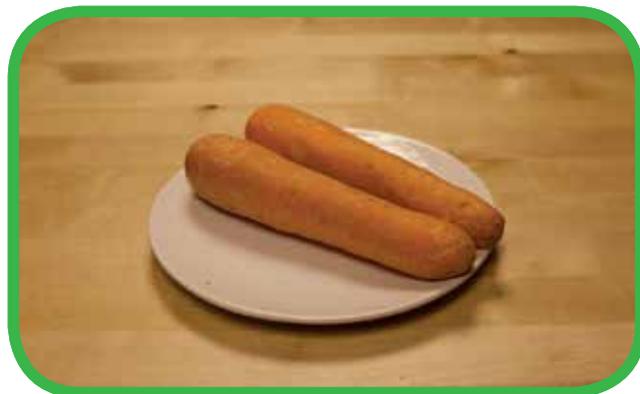
250g mince



4 medium potatoes



1 onion



2 carrots



1 tin tomatoes



1 stock cube

...continued overleaf

# Shepherd's pie continued

## Ingredients



1 teaspoon mixed herbs



Pepper



1 teaspoon butter/spread

# Shepherd's pie continued

## Method



1. Preheat oven to 200°C



2. Chop onion



3. Chop carrots



4. Set aside vegetables



5. Put mince in saucepan



6. Cook over medium heat

...continued overleaf

# Shepherd's pie continued

## Method



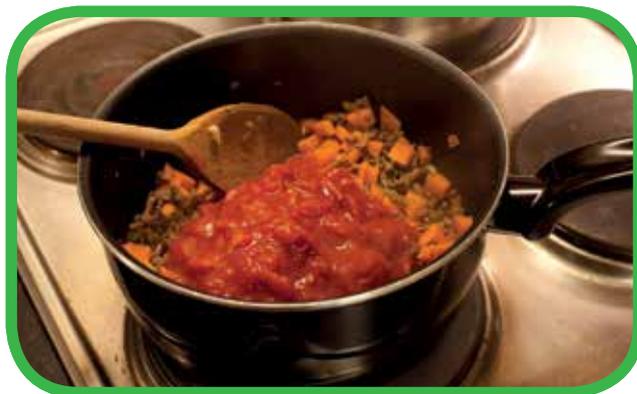
7. Cook until all mince browned



8. Add carrot and onion



9. Cook for a few minutes



10. Add tinned tomatoes



11. Add crumbled stock cube



12. Add pepper

# Shepherd's pie continued

## Method



13. Add mixed herbs



14. Bring to the boil



15. Low heat



16. Simmer gently for 20 minutes,  
stir occasionally



17. Peel and chop potatoes



18. Place in saucepan, cover with water

...continued overleaf

# Shepherd's pie continued

## Method



19. High heat



20. Bring to the boil



21. Low heat



22. Simmer for 20 minutes, until potatoes are cooked



23. Drain potatoes



24. Put potatoes back in warm saucepan, add butter

# Shepherd's pie continued

## Method



25. Mash potatoes



26. Add pepper



27. Add a little milk



28. Taste mince



29. Adjust seasoning if needed



30. Put mince in small oven proof dish

...continued overleaf

# Shepherd's pie continued

## Method



31. Spoon mashed potato on top



32. Cover all the mince with a layer of potato



33. Spread out potato and use a fork to make lines



34. Finished potato topping with lines



35. Put in oven, cook for 20 minutes



36. Remove from oven once browned and bubbling

# Shepherd's pie continued

## Method



37. Serve

# Spaghetti bolognese

## Ingredients



225g minced beef (1 small pack)



1 onion



1 clove garlic



400g tin of tomatoes



2 dessertspoons of tomato puree



1 teaspoon mixed herbs

# Spaghetti bolognese

continued

## Ingredients



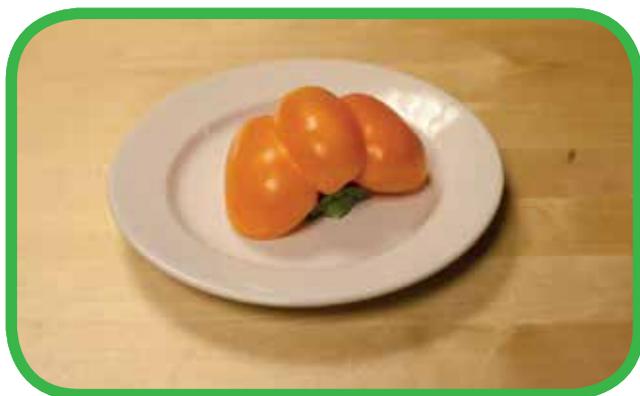
1 stock cube



100g spaghetti



3-4 mushrooms



½ pepper



1 carrot



Salt and pepper

...continued overleaf

# Spaghetti bolognese

continued

## Method



1. Chop the onion



2. Crush the garlic



3. Slice the mushrooms



4. Dice the pepper



5. Peel and slice the carrot



6. Fry mince in saucepan, over medium heat

# Spaghetti bolognese

continued

## Method



7. Fry mince until browned



8. Add onion, garlic, pepper and carrot



9. Cook for a few minutes



10. Until vegetables start to soften



11. Add mushrooms



12. Add tinned tomato

...continued overleaf

# Spaghetti bolognese

continued

## Method



13. Add tomato purée



14. Add stock cube



15. Add herbs and pepper, simmer for 30-40 minutes



16. Cook spaghetti in boiling water, for time on packet



17. Drain pasta



18. Taste sauce, and adjust seasoning

# Spaghetti bolognese

continued

## Method



19. Add pepper and salt if needed



20. Add small spoon of sauce to the pasta



21. Stir in to coat pasta



22. Serve with rest of the sauce and cheese

# Tuna pasta bake

## Ingredients



185g tin tuna



1 onion



100g mushrooms



100g frozen peas



100g sweetcorn (tinned or frozen)



1 tablespoon oil

# Tuna pasta bake continued

## Ingredients



100g dried pasta



285ml (½ pint) cheese sauce  
(see cheese sauce recipe on page 22)



35g cheese

...continued overleaf

# Tuna pasta bake continued

## Method



1. High heat



2. Bring water to the boil



3. Add pasta



4. Cook for time on packet



5. Drain pasta



6. Make cheese sauce and set aside  
(see cheese sauce recipe on page 22)

# Tuna pasta bake continued

## Method



7. Finely chop onion



8. Slice mushrooms



9. Oil in frying on medium heat



10. Add onion



11. Cook for a few minutes



12. Add mushrooms

...continued overleaf

# Tuna pasta bake continued

## Method



13. Cook for a few minutes



14. Add cheese sauce



15. Add sweetcorn



16. Add peas



17. Low heat



18. Simmer for 5 minutes

# Tuna pasta bake continued

## Method



19. Add the tuna



20. Simmer for a few minutes



21. Add the cooked pasta



22. Stir together well



23. Put in ovenproof dish and sprinkle with grated cheese



24. Place under grill for a few minutes or bake at 190°C

...continued overleaf

# Tuna pasta bake continued

## Method



25. Remove from grill once golden brown on top



26. Serve

# Vegetable stir-fry

## Ingredients



225g vegetables



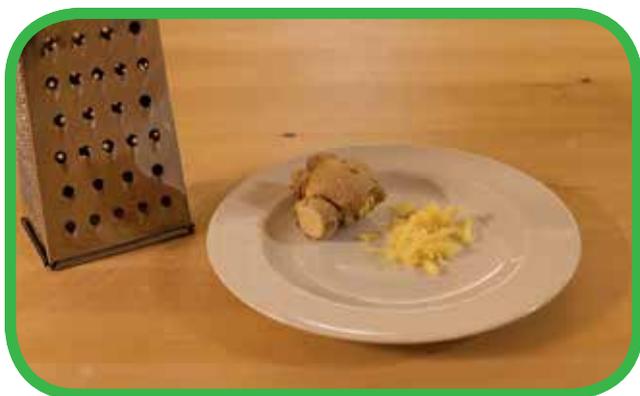
1 small onion



1 clove of garlic



2 tablespoons vegetable oil



1 teaspoon grated ginger or  
¼ teaspoon ground ginger



1 dessertspoon apple or orange juice

...continued overleaf

# Vegetable stir-fry

continued

## Ingredients



2 teaspoons soy sauce



1 teaspoon vinegar



1 packet noodles



Pepper

# Vegetable stir-fry

continued

## Method



1. Thinly slice onion



2. Crush the garlic



3. Prepare the vegetables



4. Wash and peel vegetables



5. Thinly slice vegetables



6. High heat

...continued overleaf

# Vegetable stir-fry

continued

## Method



7. Bring saucepan of water to the boil



8. High heat



9. Heat wok for a few minutes, then add oil to wok



10. Add onion and garlic



11. Low heat



12. Cook for 1 minute

# Vegetable stir-fry

continued

## Method



13. Add harder vegetables



14. Cook for 2-3 minutes



15. Add ginger



16. Add other vegetables



17. Cook for 2-3 minutes



18. Add noodles to boiling water, cook for 3-4 minutes ...continued overleaf

# Vegetable stir-fry

continued

## Method



19. Add juice



20. Add soy



21. Add vinegar



22. High heat



23. Cook for 1 minute



24. Drain noodles

# Vegetable stir-fry

continued

## Method



25. Add noodles to wok



26. Add pepper to wok



27. Stir in



28. Serve

# Apple and sultana crumble

## Ingredients



2 cooking apples



2 dessertspoons of water



25g brown sugar



25g sultanas



50g butter



125g plain flour

# Apple and sultana crumble continued

## Ingredients



¼ teaspoon ground cinnamon



50g brown sugar

...continued overleaf

# Apple and sultana crumble continued

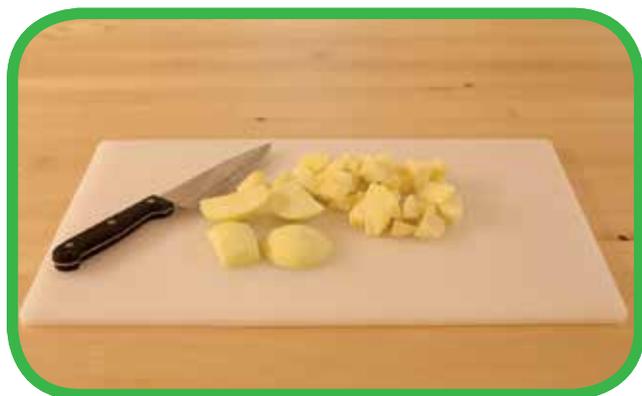
## Method



1. Preheat oven to 180°C



2. Peel apples



3. Chop apples



4. Put apples in saucepan



5. Add sultanas and 25g sugar



6. Add cinnamon

# Apple and sultana crumble continued

## Method



7. Add water



8. Low heat



9. Cook for 5 minutes until softened, take off heat



10. Cut butter into cubes



11. Put flour and butter in mixing bowl



12. Rub together

...continued overleaf

# Apple and sultana crumble continued

## Method



13. Rub until breadcrumb texture forms



14. Add sugar



15. Stir in



16. Pour apples into greased ovenproof dish



17. Cover with crumble



18. Put on high shelf in oven

# Apple and sultana crumble continued

## Method



19. Bake for 30-40 minutes until golden brown



20. Serve with custard, cream or ice-cream

# Banana cake

## Ingredients



100g softened butter/margarine



100g soft brown sugar



2 bananas



2 eggs



100g wholemeal self-raising flour

# Banana cake continued

## Method



1. Preheat oven to 190°C



2. Grease loaf tin



3. Fully greased



4. Line tin with greaseproof paper



5. Grease again



6. Dust with flour

...continued overleaf

# Banana cake continued

## Method



7. Put sugar and butter in mixing bowl



8. Cream with mixer



9. Until smooth



10. Mash bananas



11. Add the creamed mixture



12. Mix in

# Banana cake continued

## Method



13. Beat eggs in small bowl



14. Add to the mixture



15. Mix in



16. Fold in flour gently



17. Pour into prepared loaf tin



18. Place in middle of the oven

...continued overleaf

# Banana cake continued

## Method



19. Bake for 45 minutes, until risen and brown on top



20. Sieve a spoon of icing sugar on top



21. Serve

# Lemon flan

## Ingredients



**FOR THE BASE**  
100g plain flour



70g butter

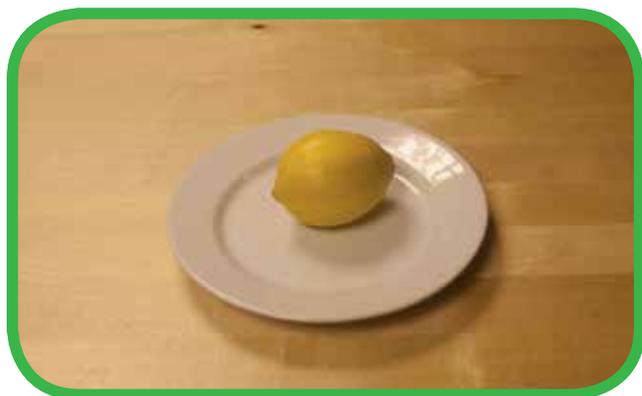


2 dessertspoons of icing sugar

...continued overleaf

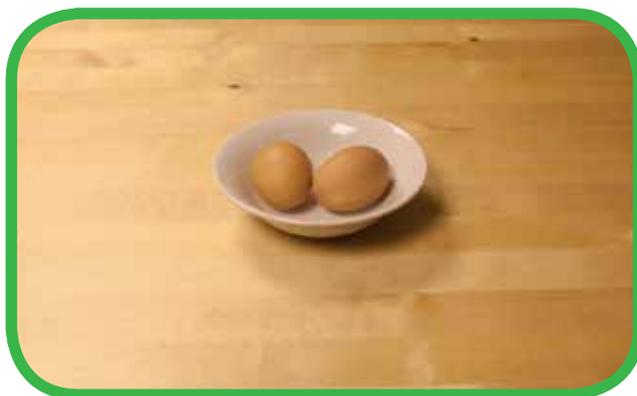
# Lemon flan continued

## Ingredients



**FOR THE FILLING**

1 lemon



2 eggs



70g caster sugar



100ml double cream

# Lemon flan continued

## Method



1. Grease the base and sides of a 7" diameter cake tin



2. Put flour and butter in a mixing bowl



3. Add the icing sugar



4. Lightly rub together



5. Until mixture looks like breadcrumbs



6. Pour into cake tin

...continued overleaf

# Lemon flan continued

## Method



7. Spread evenly around base and up sides



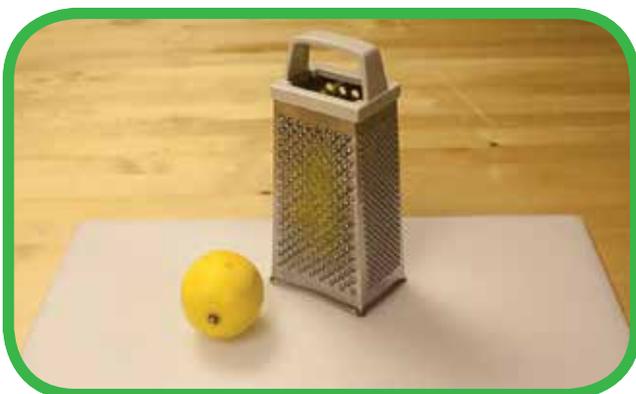
8. Press down firmly to keep in place



9. Put in oven at 160°C for 12 minutes till lightly browned



10. Remove from oven and leave to cool



11. Grate the zest of the lemon



12. Squeeze the juice of the lemon

# Lemon flan continued

## Method



13. Put lemon zest and juice in mixing bowl. Add caster sugar



14. Break the eggs into a bowl



15. Add the eggs



16. Add the double cream



17. Whisk mixture



18. Until combined

...continued overleaf

# Lemon flan continued

## Method



19. Pour filling into the cooled base



20. Gently place in oven



21. Bake at 160°C for 25 minutes until filling is firm



22. Leave to cool and set before serving

# Poached pears with chocolate sauce

## Ingredients



250g sugar



½ cinnamon stick



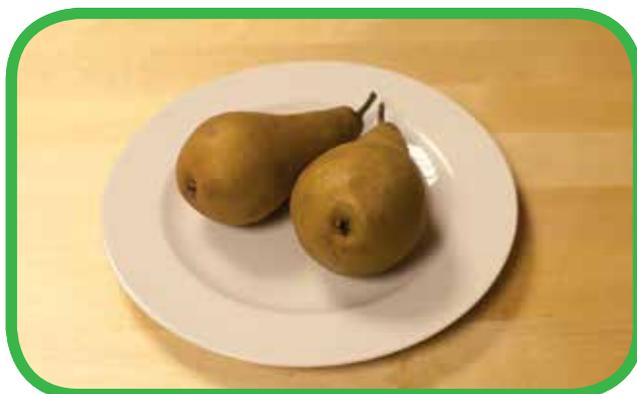
1 star anise



2 cloves



½ pint water



2 pears

...continued overleaf

# Poached pears with chocolate sauce continued

## Ingredients



**FOR THE SAUCE**  
100g dark chocolate



½ cinnamon stick



75ml milk



75ml double cream

# Poached pears with chocolate sauce continued

## Method



1. Put sugar in saucepan



2. Add cinnamon, star anise and cloves



3. Add the water



4. High heat



5. Bring to the boil, stir constantly



6. Low heat

...continued overleaf

# Poached pears with chocolate sauce continued

## Method



7. Simmer for 10 minutes



8. Peel the pears



9. Add pears to the syrup, simmer for 30 minutes, until slightly soft



### **FOR THE CHOCOLATE SAUCE**

10. Break chocolate into pieces



11. Put in a heat proof bowl



12. Put milk, cream and cinnamon in saucepan

# Poached pears with chocolate sauce continued

## Method



13. High heat



14. Bring to the boil



15. Remove cinnamon stick



16. Pour hot mixture over the chocolate



17. Stir constantly for a few minutes



18. Stir until chocolate melts

...continued overleaf

# Poached pears with chocolate sauce continued

## Method



19. Serve pears with chocolate sauce

# Cyrenians Good Food Programme

A major part of the Cyrenians Good Food Programme is FareShare. The Project delivers around 9 tonnes of surplus food each week which is quality checked and distributed by volunteers and trainees from our Leith warehouse supplying 43 charity kitchens around Lothian to supplement their food budget and add value to their menu.

A Community Food Member of Good Food described their first year receiving food from us as “transforming” their service. This project works with people with mental health issues, providing positive training and community involvement. They run classes and groups morning and afternoon. With the help of FareShare they now provide lunch for everyone and also run cooking classes.

The transformation has been heard rather than felt. The noise level in their project has simply increased. Previously people would come, do their thing, and leave again. Now they are now hanging round for lunch and chatting to those in other groups. The silent hall way now rings with voices greeting each other or saying “bye everyone, see you tomorrow”.

Food is not simply fuel for the body and mind but is a social catalyst and lubricant. When eating together people share common experiences and build relationships. Isolated individuals in this community are closer together, friendships are forged, sorrows are shared, and joys are communal. The project may have transformed but it’s this change in the clients that has made it happen.

The work of Cyrenians Good Food Programme has been made possible because of the partnership and support of many organisations and individuals. A big thank you to all our Funders, Corporate Partners and Volunteers – you know who you are and the very major contribution you make to the work of the charity. We greatly value your support.

Thank you!

**To find out more about our work, please contact:**

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