

Real food from road chef

EATING a balanced diet with lots of fresh fruit and vegetables is one of the important ingredients of a healthy lifestyles, and David Malone of the Wansbeck Real Food company is taking to the roads to help local people enjoy the benefits of exactly that - real food!

Traveling with his mobile 'Kitchen 2 Go', David is willing to go along to any local group, club or organisation to stage one of his quick and fun, cooking demonstrations to show just how easy it is to prepare good, wholesome and nutritious dishes.

In a one-hour session he gives advice on changing to a healthier lifestyle through his practical displays of preparing healthy and convenient dishes, as well as giving his audiences the chance to sample freshly prepared food.

"Quick meals don't have to come out of a packet or a supermarket freezer," says David. "They can be easily prepared and cooked in a microwave, using fresh ingredients which are both tastier and maintain their natural flavours not masked by unwanted additives.

"Making meals from scratch rather than eating takeaways or ready-meals, is cheaper, just as quick and more creative and satisfying - and you don't have to be a celebrity chef to do it either!"



Ready, steady cook, says David Malone

To illustrate his point David reminds his audiences that he is an engineer by trade, but has learned to enjoy cooking and demonstrating the skills he has learned.

David also runs practical cooking courses for up to nine people of all ages from youngsters to sheltered accommodation residents, as well as helping to set up and support cooking groups and clubs. All he needs is a room, tables and electricity points.

To find out more about the Real Food Company's 'What's Cooking' demonstrations, contact David Malone:

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