

Rhubarb-e | Local Action on Food's monthly update

Hello,

Rain rain go away, come again....every night when we're tucked up in bed until this drought has gone away?....ok maybe beggars can't be choosers.

It's time for your monthly dose of Local Action on Food. As always, do please keep sending in your news and event details so I can include them in future newsletters ross@sustainweb.org and don't forget to add your events to the [online calendar](#)

Ross Compton

Local Action on Food news

Members Spotlight

This month's member in the spotlight is Real Food Works. Speaking to David from the enterprise, in preparation for this piece, I was truly bowled over by his enthusiasm and passion for the work that he does. If you're in need of some inspiration, look no further....

Real Food Works is a socially directed business, helping people to adopt a healthier lifestyle. The enterprise started at the tail end of 2004 to address poor health in Wansbeck, a part of the former mining area of Northumberland. Since then the aim has changed from being a response to the issue of access to fresh fruit and vegetables, to one which addresses wider and more fundamental aspects of the poor diet and health of the whole north eastern region.

With the aid of a mobile demonstration kitchen, the enterprise travels the region providing cooking demos and practical workshops for anyone, from four to ninety four. The kitchen appliance they tend to use most isn't the oven or the hob but the microwave. Over 90% of kitchens have a microwave. So if you want to get those eating less than healthy processed microwave meals to make a change to healthier options, where better to start than by showing that you can do exactly that in your microwave.

Real Food Works believes that healthy food doesn't need to be complicated and time consuming. Their basic principle is to keep things simple by avoiding anything that's too expensive or difficult to get your hands on, and by keeping the recipes to no more than six steps and no more than six ingredients. Guided by these principles, the team can show you how to cook up a soup from scratch in 10 minutes, spaghetti bolognese in 12 minutes and a butternut squash risotto in only 20 minutes.

The group is excited to be working with Northumbria University on an evaluation program to assess their impact. We wish them all the best in continuing their fantastic work.