

# Keeping in Touch

## FAcT (Food Action Together) What's been happening?

FAcT and Wigan Athletic Extra Time Hub have been co-hosting online **Winter Evening Hobby Sessions**, beginning with **Food & Cookery**.

The group has...

- ◇ Shared memories of their favourite foods from the past.
- ◇ Learned about the origins of our traditional local foods.
- ◇ Discovered different ways of using herbs and flavourings.
- ◇ Challenged themselves to give their regular midweek meals a new twist.

*More activities coming in Spring. Have a look at our page on the website for details.*



**Hi! My name is Paula, and I am the new FAcT Project Worker.**

**I am passionate about healthy eating. I enjoy making simple, wholesome, tasty meals from home-grown produce & basic foods that are available & affordable to everybody. I am really looking forward to working on the project and sharing ideas. Please get in touch, the contact details are below, if you would like to find out more, or if you have any ideas we can develop together. My usual working week is Wed/Thurs / Fri. I am looking forward to meeting you.**



**IT IS IMPORTANT TO STAY HYDRATED \*AIM FOR 6 TO 8 GLASSES OF FLUID DAILY**



### Contact Us

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## "Let's Grow Together"



We have kicked off our new growing club, socially distanced at the moment, by encouraging local people to make the most of the time at home by growing their own vegetables. We have seeds and a limited number of starter kits to give away, to those who fancy giving veg growing a try. There are accompanying online activity sessions, and in person activities planned for the future. *Please do contact us for more information.*



### Eating Well Affordably Campaign.

During the Winter months FAcT & Greater Manchester Nutrition & Hydration group are encouraging the people of Wigan to check out our top-tips for eating well affordably. We also have a selection of tasty, affordable recipes for people to try out. Do have a look at our social media platforms or contact us to receive a free recipe booklet. If you've tried one of our recipes we'd love to hear how it tasted, or see a photo of your results.

Here's one of our healthy & nourishing soups to try out on a cold day.

## Velvety Pea Soup



### INGREDIENTS;

2 CUPS FROZEN PEAS

2 CUPS OF STOCK

1 CUP OF SINGLE CREAM

MINT - fresh or dried

PEPPER

### METHOD:

PLACE THE STOCK & PEAS IN A PAN

BRING TO BOIL & SIMMER -2-3 MINS

GRADUALLY ADD THE CREAM

BLITZ WITH A BLENDER

ADD PEPPER & GARNISH WITH MINT

**\* OPTIONAL  
EXTRAS –  
ADD THINLY  
SLICED  
BOILED HAM**



Our funders, the Soil Association & Food for Life, are launching "Plant & Share" month. There will be free training and activities. *Do contact us for details.*

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