

Keeping in Touch

The newsletter of Age UK Wigan Borough - a local charity for local people

Introducing the Food Action Together (FAcT) Project.....

Our **Food Action Together** (FAcT) project is designed to bring together people in our communities through good food, growing produce and cookery. We are delivering the project in the areas of Wigan Central, Ince and Hindley.

FAcT is all about learning from each other, passing down skills and trying new things. So whether you are new to the kitchen or the garden, or you have lots of knowledge to share, we would love to hear from you.



FOOD is the
ingredient
that binds us
TOGETHER

FAcT Project Worker: Sarah-Jane Tarn

Hi! My name is Sarah-Jane, and I am the new FAcT project worker. Coming from a background in community development work and health research, I was attracted to this role as it combined two things I love, food and gardening. I'm a great believer in the benefits of eating fresh, local produce, and I spent most of the lockdown period experimenting with growing different types of veg. I'm excited about developing a year long programme of activities in Wigan around the topic of food and growing. Please do get in touch using the contact details below if you would like to know more. *My usual working days are Mon, Tue & Wed.*

Contact Us

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“Swap a Recipe, Share a Memory!”

Food can have a special place in our hearts and can evoke vivid memories. Do you remember walking in from school on a cold day to a pan of stew bubbling on the stove? Can you still remember the smells wafting from the kitchen and your friends' laughter, as you ate a red-hot homemade curry together?

These types of food memories make up our community's history. We want to capture people's experiences and share great local family recipes with others, so that we can preserve these dishes for the next generation and make some new memories in the process.

- Would you like to share a favourite family recipe with others?
- Do you have a special memory associated with the dish?
- Do you have any top-tips such as where to buy fresh ingredients locally?

If you do, please do get in touch. We are looking for recipes to include classic Wigan and Lancashire dishes, vegetarian or vegan recipes, and exotic favourites to celebrate World Food Day. The deadline for submissions is **11th November 2020**.

We will display your recipes and memories on our website as a collection of Food Stories, such as this one below from Age UK's very own Beverley.....



My name's Beverly Holland and this is my family's Food Story



My Special Food Memory: My first memory is the lovely smell coming from the little kitchen in our terraced house in Manchester probably in the early 1970's when Mum (Lynn) had made a batch of Flap Jacks and my sister and I were waiting for them to cool down so we could tuck into them. They would be golden brown and really moist and we would have a drink of Vimto or Ribena with them. Mum got the recipe from her friend Joyce (or Auntie Joyce as we called her). My Sister Deborah has now passed down the recipe for Flap Jacks to her two daughters Sophie (29) and Phoebe (24) they both now have children. Sophie's daughter – Layla (6) always loves it when Sophie makes 'Nana Lynn's Flap Jacks'

My Special Recipe: Flap Jacks (serves 8)

Ingredients : 8oz Margarine, 3 Tablespoons Sugar, 3 Tablespoons Syrup, 8oz Quaker Oats, 3 Tablespoons Plain Flour

How to Prepare: Put marg, syrup and sugar in pan and heat until melted. Mix oats and plain flour, then add melted liquid. Pour mixture into a baking tray. Bake on 175 degrees Celsius (350F) for about ½ hour until golden brown.