

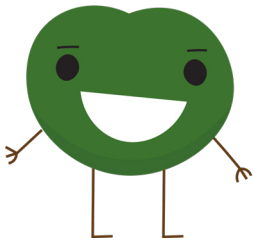


THE PEOPLE'S PANTRY

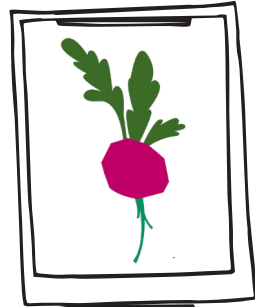
In Mereside and Hawes Side

Join LeftCoast's research project, where you will receive a FREE slow cooker, 10 recipes, and free ingredients to make the meals for your household this winter





We are a Blackpool arts company called LeftCoast, and we're inviting you to take part in our research project that will help us develop 'The People's Pantry', in Mereside and Hawes Side.



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Following conversations with local residents, we identified a need to reduce food waste and a way for communities to sustain their own food supply. The People's Pantry will not just feed our communities, but residents will learn how to grow their own food, explore exchanges around seasonal eating, and enjoy a healthy approach to cooking.

50 households from both Mereside and Hawes Side will receive the following with no charge...

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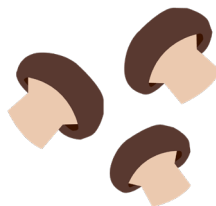
WHAT YOU WILL RECEIVE

- A starter kit with cooking utensils for one pot cooking
- A slow cooker - food can be cooking over the day to fit into the schedule of busy family households, they also use less energy than cooking in an oven so they help keep gas or electricity costs down
- Ingredients from The People's Pantry to make one meal each week, for 8 weeks, along with recipe cards - plus an invite to a live demonstration of how to cook the meal. The demonstration will be filmed so people can access this online too

This project is to help through the winter and introduce residents to the pantry until we get to growing season, where fresh fruit and veggies will be grown with residents at Bostonway Community Garden and harvested for the pantry.

WHAT DO YOU NEED TO DO?

- Register interest and book your place by either emailing us at **info@leftcoast.org.uk** or calling **01253 532989** (please leave a message if no one is available, and we will get back to you)
- Collect your slow cooker, starter set, and ingredients for your weekly meal from either Hawes Side or Mereside's pantry
- Talk to us about what you need or want from a community exchange pantry



If you live in Mereside, Hawes Side, or within the FY4 postcode, then please get in touch to confirm your place before January 30th, and we will send more information to you.

WHAT YOU WILL NEED TO COMMIT TO

Attend one cooking or creative session at one of The People's Pantry sites. The creative session could be jam or tea making, creating a ceramic pot to grow in, or placemats with handmade paper. Full details of the sessions will be made available once the project begins.

Bring along a recipe or story around food to share and add to our community recipe book, maybe that is Grandma's Stew, Auntie's Flapjack, park visits with a picnic, or tell us about your annual gathering around a table with friends.

Your time to volunteer with the project, which could include planting the garden or helping to give out starter packs, ingredients, and slow cookers.

**Pick up your slow cooker and starter kit, along with your first recipe and ingredients, on January 31st at Mereside or February 1st at Hawes Side.
Your next recipe collection dates are listed below...**

Recipe collection 2

Wednesday 7th February – Mereside
Thursday 8th February – Bostonway

Recipe collection 3 and 4

Wednesday 14th February - Mereside
Thursday 15th February – Bostonway

Recipe collection 5

Wednesday 21st February – Mereside
Thursday 22nd February – Bostonway

Recipe collection 6

Wednesday 28th February – Mereside
Thursday 29th February – Bostonway

Recipe collection 7

Wednesday 6th March – Mereside
Thursday 7th March – Bostonway

Recipe collection 8

Wednesday 13th March – Mereside
Thursday 14th March – Bostonway

Recipe collection 9

Wednesday 20th March – Mereside
Thursday 21st March – Bostonway

Recipe collection 10

Wednesday 27th March – Mereside
Thursday 28th March – Bostonway

(Times to be confirmed once registered)



**The People's Pantry: Hawes Side is located at
Bostonway, FY4 4YQ**

**The People's Pantry: Mereside is located at Wash Your
Words: Langdale Library & Laundry Room, FY4 4TR**