

Hallglen Food Pantry– Case Study

The Food Pantry is situated at the Ettrick Dochart Centre at the entrance of Dochart place Hallglen. Since March, Sylvia Kay and her volunteers have provided local families with food packs and recipes to cook hot meals at home and they have shared photos of their success with the recipes on their community Facebook page.

Using NHS Forth Valley Six Step Recipe Cards in the food pantry

The pantry now features a recipe stand displaying the newly developed six step recipe cards from the NHS Forth Valley Health Improvement Team beside its entrance.

These recipe cards are featured periodically when the ingredients are available from the food pantry. For example, vegetable chilli with tinned tomatoes and kidney beans. This makes healthy hot meals accessible and helps families eat hot tasty meals on a budget.

The recipe cards can be downloaded from:

<http://www.nhsforthvalley.com/nutrition>



Meeting community needs for holiday hunger

To help with holiday hunger during the recent Autumn school break the food pantry used the Fairer Falkirk funding to provide food for families who missed out on school meals at this time. The food was organised to give breakfast, lunch and dinner for four days each week during the October break.

The pantry volunteers also used some of the funding to give out some much needed kitchen equipment to families. They used their Facebook page to assess local families' needs and gave out 10 woks and slow cookers to enable them to cook hot meals at home.

