

**Please return this form to:**

**sara.mcdonald@nhs.net** **or** **gailhutchison@nhs.net**

**or call 01786 434 491 to discuss further**

**‘Food Activities’**

**Celebration Event**

**Tuesday 21st February 2017**

**Would you like to showcase your work?**

**We are looking for community groups/organisations to give a short presentation or showcase their work via display tables**

**To do so, please give us a brief outline of your food work below:**

**Name of individual: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of group/organisation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Type of showcase activity: Presentation Display Table **

**Brief outline of food activity:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Contact Details: Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Tel: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Broccoli & Cauliflower**

1 bag of frozen Broccoli &

Cauliflower

4 mugs water

1 - 2 stock cubes

(chicken or vegetable)

put water in medium size pot, bring to boil and dissolve stock cube,

Add vegetables and bring to boil.

Simmer for about 30 minutes.

Mash with a potato masher or liquidise with a blender.

**Tips** try adding a little milk for a creamier soup.

Let some cheese melt into the soup eg. Stilton or

Cheddar just before serving.

Make soup with fresh

vegetables using 1 head of

broccoli & ½ cauliflower.