



Newsletter



Eds. Change - Reach Your Full Ability

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I can flip ingredients in a pan using a utensil.



Newsletter

Welcome!

To this weeks addition of the newsletter and what a week it was! We headed to Forest Way shops and enjoyed a lovely drink whilst we flicked through our recipe and selected ingredients. On this weeks menu, Shnitty sandwiches which meant buying lots of smaller ingredients.

Once we had figured out what we needed to buy we headed to Woolies to source the ingredients. It did not take the groups long to find most of the things we needed but the Panko breadcrumbs stumped us.

Luckily members of each group were confident in asking a shop assistant where these ingredients could be found.



When we got back to base we got to work bashing our chicken steaks with our rolling pins to flatten them out (one of our favourite activities). Once flat we got to work breading our chicken and then popping them into the frying pan.

Our skills this week was flipping things in a pan using a spatular. Everyone mastered this skill and managed to flip at least chicken patty's (with assistance). With Luke and Michael in charge of additional sandwich fillings, we ended up with a very tasty lunch.

Don't forget to check out our antics on our new instagram account for Eds. Change (@eds.change) Katie regularly posts videos and pictures up there.

Best,
The Eds. Change Team.

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