




# Newsletter



Eds.Change - Reach Your Full Ability

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 I can ask measure out specific ingredients before I start cooking.



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## Welcome!

To this weeks addition of the newsletter and what a week it was! We visited a different supermarket and navigated it expertly. We also tried out a new menu item, macaroni cheese which went down a storm. The whole team pitched in to create an extremely tasty lunch which we would highly recommend re-creating at home.

We also welcomed a new member of staff, Maria. Maria is an ex-chef and we are very lucky to have her expertise on board. She has over 5 years caring experience and her favourite thing to do is cook with her clients. She showed us how to weigh out our ingredients and organise our kitchen prior to getting cooking.



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.

Next week we are looking forward to cooking pie and mash (as special request by some of the team) - we thought why not!

Best,  
The Eds. Change Team.



This week we focused on measuring as a key skill. Everyone did very well with their quantities, with particular attention being paid to the scale weight and measuring jug levels.

We also took on the more challenging skill of chopping and slicing hard ingredients including onions. We have been lucky enough to purchase a mandolin which allows everyone to take full control of the process.

During the session the group worked in teams of three to prep all ingredients, ready for lunch.

## Contact

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