

Eatwells Café

Pop in for a delicious
breakfast or lunch

Monday to Thursday 9.30am - 1.30pm
Friday 10am - 1pm
Saturday 9.30am - 12noon
Barton Neighbourhood Centre



BARTON COMMUNITY CUPBOARD

Receives deliveries from Oxford Food Bank
Come and help yourself on
Mondays, Tuesdays & Fridays
at Barton Neighbourhood Centre

BARTON
COMMUNITY
CUPBOARD
Eat well every day

Take one bag so everyone can

Lunch Clubs at Eatwells Café

Every Wednesday 11am - 2.30pm
£4 two courses and tea/coffee
followed by Bingo and Raffle

Monthly Sundays 1pm - 3pm
£1 per adult 50p per child

HEALTHY START

is a National Government
scheme which provides
FREE vouchers
that can be used to buy fruit
and vegetables, milk and
infant formula. Free vitamins
are also available.

Are you pregnant or have a
child under four?
You could qualify if you are:
-receiving benefits
-anyone under 18
Ask your Midwife or
Health Visitor.

www.healthystart.nhs.uk

WHERE
CAN I FIND
FOOD IN
BARTON?

DELICIOUS BARTON



www.goodfoodoxford.org

Tip
Eatwells daily special
 Delicious soup made with fresh vegetables that would otherwise have gone to waste. Check the menu for today's flavour. Served with a hunk of bread.

Recipe
Hearty porridge
 This breakfast will set you up for the day! It can be made with water instead of milk. Add honey or raisins if needed. Cook in a saucepan or microwave.

BARTON PARK

www.bartonparkoxford.com

Blackberries

BARTON FIELDS ALLOTMENT

www.bartonfieldsallotment.co.uk

NATURE PARK
 Blackberries
 Nettles
 Hazelnuts

Tip
Veg fix for fish & chips
 Wash and chop green veg like broccoli, spinach, kale, green beans or use frozen peas. Put them in a saucepan with 3cm of water. Cook on the hob for 3-5 mins. Or put in a microwave-safe bowl and cover, cook for 3 mins.

Recipe
Fruit smoothie
 Half a banana per person
 Half a cup of milk or fruit juice
 Handful of soft fruit like strawberries, raspberries, blackberries, blueberries, whatever is available
 Whizz, mash or use a stick blender

Recipe
Nettle soup
 5 potatoes
 4 onions
 4 cloves of garlic
 ¼ carrier bag of nettle tops
 2 litres of vegetable stock
 Knob of butter
 Salt & pepper
 Peel, cut up and then fry potatoes, onions and garlic in a little butter in a large saucepan for 10 mins. Add vegetable stock and boil. Simmer for 15 mins. Add nettle tops and simmer for 10 mins more.
 Blend with a stick blender. Season with salt and pepper and stir in a large knob of butter.

Eatwells Café
 Nettles
 Blackberries
 Elderflower
 Rosemary
 Hawthorn
www.oxfordwildfood.wordpress.com

Kids 99p Meal

Barton Community Cupboard

chippy
 David Beckham

Pharmacy
 Healty Start Vitamins

Spac
 Healty Start Vouchers



Funded by Barton Healthy New Town project:
www.oxford.gov.uk/bartonhealthynewtown



McDonalds * occasional treat * healthy options available
Headington SuperStore
Roundway Pharmacy
Madreia Supermarket