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





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



is a National Government scheme which provides

FREE vouchers

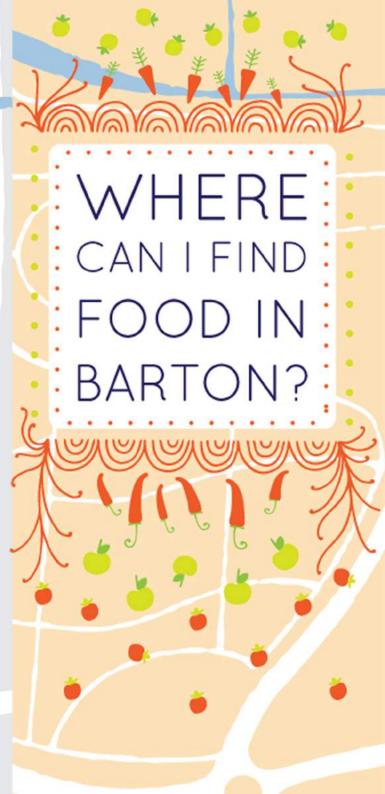
that can be used to buy fruit and vegetables, milk and infant formula. Free vitamins are also available.

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



Designed by Lina Madeil .co.uk





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

DELICIOUS BARTON

Elderflower

Nettles Blackberries

Barton

Cupboard Cupboard



Bayswater Brook

Rosemary Hawthorn

if needed Cook in a saucepan or microwave

Hearty porridge This breakfast will set you up for the day!

It can be made with water

instead of milk

Add honey or raisins

Eatwells,

Offiplace Road

Underhill Circ

Stowford Road

www.oxfordwildfood.wordpress.com

Mather Road

BARTON

PARK



www.bartonparkoxford.com

Blackberries



BARTON FIELDS ALLOTMENT



www.bartonfieldsallotment.co.uk



Blackberries nettles Hazelnuts

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 microwavesafe bowl and cover, cook for 3 mins

North Way

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

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.

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