

PRESS RELEASE

Second Helpings Welcomes Special Visitors

The café at Second Helpings, part of the national Real Junk Food Project, was very busy on Saturday. The room was packed as they hosted some very special guests to Barn Hill. Some of the leading people in The Methodist Church joined over 116 other people for a scrummy lunch.

Revd Michaela A Youngson, President, and Bala Gnanapragasam, Vice-President of The Methodist Church, plus the Chair of the Northampton Methodist District, Revd Helen Cameron, rubbed shoulders with other guests in a packed café. In thanking the team and local Minister Revd Andy Fyall, Revd Helen Cameron said: "Second Helpings was mentioned to everyone wherever the President and Vice President went, including the Lord Mayor of Leicester when he hosted us for breakfast in the Mayor's Parlour." News travels both far and fast!!

Set up to stop surplus food from going to waste, Second Helpings provides a friendly environment where people can come together to eat, to chat and to put the world to rights. Every mouth fed results in less landfill. This has all added up over the past three years to the weight of food saved being the equivalent of two London buses. What's more it has saved the equivalent of 8 hours' worth of electricity used by an average household in Stamford, with the added bonus of a cleaner air for all of us. The simple conclusion is that if you could redirect the potential food waste from the bin to meal-tables a major global problem today could be rapidly solved. We all have a part to play.

The café is run by a team of volunteers who turn the rescued food into delicious, nutritious meals that are available to all diners on a Pay-As-You-Feel basis – your choice is to donate whatever value you feel your food is worth and this can be in the form of money or time.

Week in, week out, there's a three-course lunch served with vegetarian options. The menu changes every time as the chefs have the added challenge of not knowing what key ingredients will be available to cook with until the collections from local suppliers. Tasty meals vary from vegetarian options to Moroccan chicken; cottage pie and pheasant casserole!

Volunteers are always welcome at Second Helpings, whether it is in the kitchen, clearing tables, helping in the food bunker, collecting food or stocking the community fridge. To help, just ring George on 07891 437914 or pop along to Barn Hill Methodist Church hall any Saturday lunchtime. Alternatively check out the Second Helpings page on Facebook or the soon to be launched website.