



YORK VIKINGS ROTARY CLUB

Charity N^o 1078432

www.yorkvikingsrotary.org.uk



Vocation/Youth Services Committee.
“Supporting and encouraging young people in York.”

“Barnabas, the Encourager”

St Barnabas “FOOD MASTERS”

Trevor Woodward and I attended a delicious high tea/dinner at this school this Tuesday which was served and cooked by the pupils who are taking part in the Food Masters Project.



We, the Vocational Services Committee, decided to give this school a special award for this superb project in York called 'The Food Masters Project'. This is an inspiring projects designed to encourage primary and secondary schools to grow and cook food which has not been contaminated by food additives, preservatives and colourings. Our Club donated £1000 pounds for St Barnabas Primary School to build a garden, and the equipment to enable this. Many children throughout Britain have no knowledge of how and where vegetables grow, and many don't know what they look like or taste like in their natural form. Karen Murray in this school set out to change this along with Vicky Pendry, who is the regional organiser in York.

Karen invites all her pupils to participate in this project, but few take up the offer as the majority think that food is "boring", which is not uncommon amongst children, and is a reflection of the fact that it is wether delivered to them from a pizza, Chinese, Indian or other type of fast food delivery company, or is a readymade meal bought from a supermarket which is cooked in a microwave oven, offering low nutritional value, and are even unhealthy as they all include a multitude of food additives and colourings, high in fats an bulking agents and generally have the lowest quality of ingredients in order to maximise profits.



*Food masters
Gala Dinner
December 9th 2014
Menu*

*Aromatic
Chicken & Vegetable stir fry*

*Chinese spring rolls
(with dipping sauce)*

Prawn crackers

*Toffee Apple Crumble
with
Crème Fraiche*

*Lemon Cheesecake
(Served with a blueberry coulis)*



It is truly inspiring to see and hear such enthusiasm generated by this project, and to taste the superb results of their efforts. I will be monitoring and be involved with this school to further develop this project next, and the coming years, and will try to develop and encourage partnerships in York to expand this idea throughout our city and environs.

We are proud as a committee, and hope all of us in our Club are to be involved with such a beneficial and inspiring idea in helping young people to cook better nutritional food which will help them to avoid the development of allergies due to synthetic food additives.
Leighton

