

NOURISH HUB

WHAT'S COMING UP AT THE NOURISH HUB IN FEBRUARY?

On top of our "donate-as-you-dine" Community Lunch, Monday - Friday from 12pm - 3pm, we have the following events;



BREKKY CLUB

An opportunity to get together with your community over a hot drink and breakfast! No booking required, simply come along.

Every second and fourth Friday of the month
(10th & 24th of February) from 9am - 11am.

HOLIDAY FUN FOOD CLUBS

Register for a fun-packed morning of hands-on-activities and experiences for children aged 8 - 12.
Tuesday 14th February & Thursday 16th February
9:30am - 12pm



SURPLUS SUPPER

Learn about food wastes impact on the climate, all while enjoying an evening feasting on rescued food and chatting!

Tuesday 21st February at 4:30pm

ADULT NOURISHED

Develop your cookery skills whilst exploring the issue of food waste, in our fun five-week cookery course.

Starting Wednesday 1st of March
from 9:30am - 11:30am.



TO REGISTER FOR THESE EVENTS EITHER:

Come in and chat to a member of our team
Register online www.nourishhub.org.uk/events

Email us info@nourishhub.org.uk

Or call 020 79671 302

UK SEASONAL PRODUCE FEBRUARY



ARTICHOKE



BETROOT



BRUSSELS SPROUTS



JERUSALEM ARTICHOKE



KALE



LEEKS



PEARS



PURPLE S. BROCCOLI



WHITE CABBAGE



SPRING ONIONS



SQUASH



SWEDES



CARROTS



CELERIAC



CHIGORY



MUSHROOM



ONION



PARSNIPS



SALSIFY



SAVOY CABBAGE



SPRING GREENS



RED CABBAGE