

## Sufra Cookery Classes For Vulnerable Children Supported By Food Education Trust Donation

Tuesday 25 February, 2014

The Food Education Trust (FET) has chosen Sufra – NW London as the beneficiary of its latest donation. The donation of £1377.25 will enable the new northwest London based charity to teach vulnerable children in the most deprived communities to cook nutritious meals on a limited budget.

Sufra – NW London is a community food bank and kitchen which supports disadvantaged families suffering from food poverty. The charity claims that over 29,000 children in North West London are living in severe poverty and may go to bed hungry.

Mohammed S Mamdani, Interim Director of SUFRA, comments, "Sufra - NW London is very pleased to acknowledge a donation of cookery equipment from the Food Education Trust to help with cookery classes for children from vulnerable communities. When many families are forced to make cutbacks in their food budget, I am grateful that we have the opportunity to teach children how to cook healthy meals on a reduced budget."

FET founder, Romilla Arber, said, "With a little education, anyone can prepare a nutritious meal, even when funds are low. With the donation the Food Education Trust has provided Sufra can continue its work to help get families back on their feet, starting with the knowledge they need to prepare affordable healthy food."

With cuts in government funding The Food Education Trust delivers much needed support and advice to schools and education establishments and has equipped thousands of children and adults with essential cooking skills. In the three years since it began it has touched the lives of over 25,000 people. The charity is funded by sales of Romilla's cookery books "What's for Dinner?" and the award-winning "What's for Dinner? Second Helpings" both are available to purchase in all good bookshops and online at [www.amazon.co.uk](http://www.amazon.co.uk)

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For further information please contact:  
Li Boatwright ?  
Tel: 07793 678030?  
Email: [li@storrington-communications.com](mailto:li@storrington-communications.com)?

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