

&gt;&gt;&gt; NEWSLETTER &lt;&lt;&lt;

# GOOD FOOD MIDDLESBROUGH

**JANUARY - FEBRUARY 2025**

## WHAT'S NEW

### >>> FOOD PARTNERSHIP FEATURES

- Spotlight Local Business: Alkaline Kitchen
- Supporting Eco Chic
- New Eco Shop! Trinity Church
- Food Partnership News; Teesside University & Andy McDonald, MP

### UPCOMING EVENTS, CAMPAIGNS & AWARENESS DAYS <<<

- Middlesbrough Voices Meetups at Breckon Hill - 27th February
- British Pie Week 3rd - 9th March
- Community Garden Week 31st March - 6th April
- Bishop Auckland Food Festival 12th - 13th April
- Allergy Awareness Week 22nd - 28th April

## WHAT'S HAPPENING

By Alexandra Young

# DISCOVER ALKALINE KITCHEN: MIDDLESBROUGH'S HIDDEN GEM FOR PLANT-BASED DINING

Nestled in the heart of Middlesbrough, Alkaline Kitchen is a fully vegan health café dedicated to redefining plant-based cuisine. This vibrant eatery offers an innovative and delicious menu, proving that healthy eating can be both exciting and satisfying.

Alkaline Kitchen is not just another vegan café – it is a haven for those seeking nutritious, flavour-packed meals made from the finest, freshest ingredients. The menu features an impressive variety, from energising smoothies and cold-pressed juices to handcrafted wraps, nachos, and indulgent yet wholesome sweet treats. Many of their dishes are gluten-free, soy-free, and made without added oils or preservatives, catering to a wide range of dietary preferences.

## ➤➤➤ A FRESH TAKE ON PLANT-BASED EATING

Middlesbrough has a growing food scene and Alkaline Kitchen offers something truly unique. It is one of the few cafés in the area dedicated entirely to plant-based dining, making it a must-visit for vegans, vegetarians, and anyone looking to explore healthier eating options. The café's commitment to fresh, natural ingredients and carefully curated meals ensures that every bite is nourishing and flavourful.

Beyond its delicious food, Alkaline Kitchen provides a welcoming, community-focused environment. Whether you're stopping by for a quick lunch, meeting friends for coffee and cake, or simply looking to fuel your body with nutrient-rich food, this café offers a refreshing alternative to traditional dining options in the area.



Alkaline Kitchen is open from Tuesday to Saturday, offering a relaxing space to enjoy plant-based delights. If you're in Middlesbrough and looking for a café that prioritises both health and taste, this is the place to be. Whether you're a committed vegan or just curious about plant-based eating, Alkaline Kitchen invites you to discover a new world of flavour and wellness.



d.b\_photography92

Images courtesy of Alkaline Kitchen



# SHOWCASING ECO CHIC



## >>> TRANSFORMING WASTE, EMPOWERING COMMUNITIES

As part of the Food Partnership's mission to support sustainable practices and foster stronger communities, we are thrilled to spotlight Eco Chic 2024 CIC, a new and upcoming Middlesbrough-based organisation dedicated to turning waste into opportunities for change. Founded in February 2024, Eco Chic is redefining how we view waste. Their innovative approach focuses on diverting items from landfills, rescuing surplus food, and providing affordable essentials to those in need—all while championing creativity and sustainability.

### About Eco Chic

Eco Chic is more than a recycling initiative; it's a beacon of the circular economy. By collaborating with local businesses, organisations, and residents, they aim to transform materials and surplus goods into resources that benefit the entire community. Their work aligns perfectly with our shared goals of reducing waste, alleviating food insecurity, and building a more sustainable future.

### Key Contributions:

- **Rescuing Food:** Eco Chic collects surplus food from local businesses, redistributing it to those in need, reducing waste, and supporting food equity.
- **Creative Upcycling:** They breathe new life into discarded materials, crafting them into functional and decorative items that inspire creativity and conservation.
- **Hygiene Support:** By sourcing and distributing hygiene products, Eco Chic ensures free access to essentials for everyone in the community.

### Supporting Eco Chic

Eco Chic is a perfect example of how small, determined actions can create ripples of positive change. Every item they save from waste represents an opportunity to strengthen community ties and protect our planet. We encourage you to explore their work and find ways to support their mission. Whether it's donating items, volunteering, or spreading the word, every contribution helps. Together, we can make a difference.

To learn more about Eco Chic 2024 CIC and their initiatives, visit their website at [www.ecochiccic.co.uk](http://www.ecochiccic.co.uk) and don't forget to follow on Facebook 'Eco Chic 2024 CIC'



# ECO CHIC 2024 CIC Eco Lifestyle

## FREE

### Pop Up Pantry & Soup Kitchen Drop In



**Starts Monday 13th January 2025**

**11:30am - 12:30pm for 12 weeks**

1 Brentnall Centre Gilkes Street Middlesbrough TS1 5EH

Contact: Bernadette 07598710195

  
**Middlesbrough**  
moving forward

 **neighbourly**

  
in  
kind  
direct

# NEW ECO SHOP OPENS IN TRINITY CHURCH

## ➤➤➤ REDUCING FOOD WASTE



We're so pleased to see the opening of Trinity Methodist Church's new Eco Shop in Whinney Banks. They join the network of 31 other Eco Shops in and around Middlesbrough. We are so grateful for the support from our local community, along with local MP Andy McDonald MP and Mayor Chris Cooke - Mayor of Middlesbrough.

### About Eco Shops

Eco Shops provide access to good-to-eat surplus food that would otherwise go to waste. By redistributing surplus from supermarkets and suppliers, these pop-up shops offer affordable food options while tackling the environmental issues caused by food waste. Shoppers can access a range of fresh and packaged goods, often for a small suggested donation, ensuring that good food is valued and used rather than discarded.

### Why are they important?

Every year, vast amounts of perfectly edible food go to waste, contributing to environmental damage and unnecessary carbon emissions. At the same time, many people face food insecurity.

Eco Shops play a crucial role in bridging this gap by:

- ✓ **Preventing food waste** – ensuring surplus food is put to good use.
- ✓ **Helping people access affordable food** – easing financial pressures on households.
- ✓ **Building stronger communities** – providing a welcoming space where people can connect and support each other.

📍 **VISIT AN ECO SHOP NEAR YOU AND BE PART OF THE CHANGE!**

**[ecoshop.org.uk/find-an-eco-shop/](https://ecoshop.org.uk/find-an-eco-shop/)**



## ➤➤➤ TEESSIDE UNIVERSITY WORKING WITH PARTNERS TO SHAPE HEALTHIER FOOD ENVIRONMENTS

In a recent interview on BBC Politics North, Amelia Lake, a Professor of Public Health Nutrition at Teesside University, spoke about the complexity of childhood obesity and highlighted the importance of Local Authority policy to shape the local environment. She highlighted the importance of research and working in partnership to combat the rising obesity rates. Teesside University's involvement in this important work underscores its commitment to creating a healthier future for all, making a positive impact in the local community and beyond. Catch up here: [BBC iPlayer](#) & check out the full article on the BBC: [Council asks for help to tackle childhood obesity](#).



Image: BBC interview with Amelia Lake, Professor of Public Health Nutrition at Teesside University and Associate Director of Fuse

## ➤➤➤ SUPPORTING OUR COMMUNITY AND ENVIRONMENT

A huge thank you to our local MP, Andy McDonald MP, for showing his support for the work of the Food Partnership and Middlesbrough Environment City! The members of the Food Partnership are at the heart of making Middlesbrough a greener, healthier, and more sustainable place to live. From tackling food poverty to promoting eco-friendly initiatives, their efforts are helping us build a brighter future for everyone.



Image: Andy McDonald, MP supporting Middlesbrough's Food Partnership

Together, we can grow stronger, more connected communities that prioritise people and the planet. Let's keep the momentum going!

# Festival of Thrift Event

Our friends @festivalofthrift invite you to Tread Softly, a weekend of inspiring films, unique workshops, and thought-provoking conversations at **Yarm Wellness Centre from 28 February – 2 March.**

Featuring: 🔥 The Wicker Man 🍄 Fungi: Web of Life 🌿 The Nettle Dress  
🌱 Six Inches of Soil 🦋 Wilding

Find out more and book now:

Together, we can grow stronger, more connected communities that prioritise people and the planet.

Let's keep the momentum going!

#TreadSoftly #FilmFestival



## TREAD SOFTLY FILM FESTIVAL

Friday 28 Feb – Sunday 2 March 2025  
Yarm Wellness Centre

### FEATURING

The Wicker Man • Fungi: Web of Life •  
The Nettle Dress • Six Inches of Soil • Wilding

FESTIVAL  
OF THRIFT



CINEMA  
FOR ALL

Yarm  
wellness  
FITNESS



Book your  
tickets now



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# Middlesbrough Food Partnership



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**Got an upcoming event? Want to share some news?**

Get in touch!

We would love to write a piece about you and your organisation to showcase your work, events, or achievements.

Contact Alex at [alex.young@menvcity.org.uk](mailto:alex.young@menvcity.org.uk)

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