

Thursday 8th February 2024

Dear Parents and Carers,

JDPS FOOD FESTIVAL
Wednesday 20th March 2024
3:30 - 5:00

We will be running a variety of food preparation and cooking workshops for you and your family to take part in. Recipes come from our exciting new Design and Technology curriculum. There will also be other activities taking place - more details to follow!

Workshops available:

- Jam Jar Salad
- Rainbow Wraps
- Burritos
- Stuffed Peppers
- Summer Rolls
- Noodle Salad
- Root Vegetable Rosti
- Crudites and Vegetable Dips

We need you to sign up in advance so we can buy the correct amount of ingredients and avoid food wastage. There are two workshops (3:30-4:00 and 4:15-4:45) so it is possible to take part in two workshops.

Please complete this [Google Form](#) to sign up for a workshop (or two!). Places will be allocated on a first come first served basis. There are 12 places per workshop. You only need to book one place per family/group.

Each workshop will cost **£3** (enough food for 2-3 people). You will receive a text with a link to make a payment through SchoolMoney once places have been allocated. If you do not receive a text unfortunately the workshop is full. We may make alterations to workshop capacity depending on popularity.

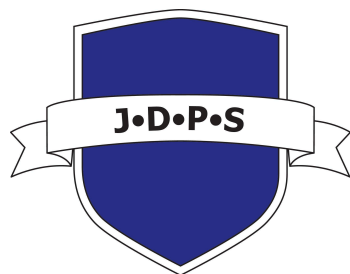
Please check the list of ingredients below - you will need to confirm that no one in your group is allergic to any of them on the Google Form.

A responsible adult **MUST** be present for the duration of the workshop. Children are not able to attend unsupervised.

Please note: this is the first time we're running something like this so please bear with us if there are teething problems! We would appreciate any feedback following the event and will send out a survey.

Kind Regards

Jessica Susman
Assistant Head Teacher



JDPS Food Festival - Ingredient List

Dish	Ingredients	Dish	Ingredients
<i>Jam Jar Salad</i>	A selection of salad vegetables Olive oil Lemons White wine vinegar Cooked pasta, noodles or couscous	<i>Noodle Salad</i>	Rice noodles Lime Soy sauce (or fish sauce) Soft brown sugar A selection of suitable vegetables that can be eaten raw
<i>Rainbow Wraps</i>	Carrot Courgette Cabbage Apple Any other vegetable that can be grated Tortillas Greek yoghurt Lemon Olive oil	<i>Root Vegetables Rosti</i>	Potato Carrot Celeriac Sweet potato Any other root vegetables Seasoning Olive oil
<i>Burritos</i>	Tortillas Tomato Beans (haricot, kidney, cannellini or pinto) Cheddar cheese Lime Other salad vegetables	<i>Crudites and Vegetable Dips</i>	Crudites Carrots Cucumber Peppers Any other suitable vegetables Greek yoghurt Fresh mint
<i>Stuffed Peppers</i>	Bulgar wheat Pepper (red/yellow/green) A selection of suitable vegetables that can be eaten raw Feta cheese Lemon Fresh herbs such as parsley, chives, mint or basil Olive oil		Pico de Gallo Red onion Sweetcorn Pineapple Tomatoes Lemon or lime juice
<i>Summer Rolls</i>	Rice noodles Vietnamese rice paper wrappers Rice wine vinegar Lime Caster sugar Soy sauce (or fish sauce) A selection of salad vegetables Fresh coriander and mint Vegetable oil		Pea and mint Peas Fresh mint Lemon juice
			Beetroot pesto 2 cooked beetroots 3 tsp sunflower seeds 2 tsp Greek yoghurt ½ tsp lemon juice