



----- Issue 13 / June 2019 -----

## WELCOME!

Welcome to the 13th Issue of The Oatly Way. Have you ever thought about getting involved in a community kitchen in your area? We hope you will be inspired by our feature interview with Hannah Walker RD. Hannah works as a dietitian for the much acclaimed community kitchen, Made in Hackney (MIH). Hannah tells us more about her work with MIH where she helps to increase local people's access to healthy, affordable meals. Also in this issue you can have a look at our 'new' healthcare professional website (don't forget to save the new web address [oatly.com/uk/hcp](http://oatly.com/uk/hcp)); other bits of Oatly news including details of where you can find us over the coming months; as well as our unusual, but super easy Overnight Oats with Shiro Miso - give those taste buds an 'umami' treat! We welcome your feedback, so please do contact me with any comments, including suggestions for future e-newsletter topics. Lastly, if you would like to find out more about Oatly please visit the Healthcare Professional area of our website [here](#).

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## HANNAH WALKER RD

Hannah works as an Acute Adult Dietitian at the Homerton University Hospital. She is an advocate for environmentally sustainable diets and is passionate about promoting healthy eating and cooking at all ages. She has been a volunteer for the Made in Hackney (MIH) Community Kitchen, since early 2018.



# COMMUNITY KITCHENS

## WHAT IS A COMMUNITY KITCHEN?

Community kitchens are spaces where a diverse and changing group of people from the local community can come together on a regular basis to learn to cook and share meals. They should be open to everyone and can be run anywhere - from community centres to workplaces and schools - or from dedicated sites, like Made In Hackney's HQ. The aim of most community kitchens is to increase access to healthy, affordable meals in a social setting. Made In Hackney is unique as its core aim is to inspire people to grow, cook and eat more plants - along with introducing people to the health and environmental benefits of eating local, seasonal, organic food.

## TELL US MORE ABOUT WHAT MADE IN HACKNEY DOES AND YOUR ROLE WITHIN IT?

Made in Hackney (MIH) is an eco plant-based community kitchen and cooking school which provides cooking classes to people, primarily Hackney residents. The classes use local, seasonal produce and



teach people the "how" and "why" of healthy eating, helping them realise that this can be easy, affordable and importantly delicious! Many of the MIH courses are specifically targeted at marginalised groups such as low-income mothers, young carers or over 50s, or people with chronic conditions such as diabetes and obesity. They also run more general international cuisine and family courses, as well as food growing sessions. Usually the classes are held in local community centres or the MIH kitchen, which is based in Stoke Newington.

As a volunteer, I help with the smooth running of classes including

preparing ingredients and then clearing up afterwards, whilst also contributing some of my nutritional knowledge about the foods we're using. I've also helped run outreach stalls at events to help encourage people to eat more plants.

## DO YOU HAVE ANY STORIES TO SHARE WITH US?

I have so many wonderful memories and stories that it's hard to choose one! But a fun one that stands out is from when I helped teach a 'wraps and raps' class to a group of young carers alongside a local vegan rap artist. We got the kids making jerk jackfruit and black bean wraps whilst listening and singing along to raps about the power of fruit and veg! Importantly this got them excited to help make, and then try, a range of healthy foods and salads that were somewhat alien to them beforehand. The following week, the same group also got very innovative by making (and then devouring!) both savoury and sweet sushi!

## HOW CAN PEOPLE FIND OUT MORE ABOUT MIH OR OTHER COMMUNITY KITCHENS?

MIH has a website, a blog and a whole archive of recipes. To get a better idea of the MIH mission, people can watch the TED talk given by the wonderful MIH founder, Sarah Bentley (website link and clip below), as well as checking out the infographic [here](#). For people in other areas of the country, a simple Google search should help them identify local community kitchens as they are all over the place! One example of another brilliant project which is nationwide is Food Cycle, in which volunteers collect surplus food and cook it into delicious meals which they serve to people from the local community. Check out the link below!

### FURTHER INFORMATION ON MIH AND FOOD CYCLE:

[madeinhackney.org](http://madeinhackney.org)

[www.youtube.com/watch?v=MUGP0h0Fc3s](https://www.youtube.com/watch?v=MUGP0h0Fc3s)

[www.foodcycle.org.uk](http://www.foodcycle.org.uk)

## BITS & PIECES

### New Whippable Vanilla Custard



We have replaced the palm oil in our custard with a blend of coconut and rapeseed oils. If you serve it directly from the carton you will find it is now less thick than before, so to get the most out of it, we recommend you whip it to 'fluff it up'. Full details, including nutrition information [here](#).

### Organic Creamy Oat



We have modified our recipe very slightly. Full details, including nutrition information [here](#).

### Oatly - now more widely available:

You will now find more Oatly products in even more stores. Full details [here](#).

### New Resources and Publications:



➤ **Healthcare Professional (HCP) website - 'new and improved':** Our HCP website has a new look and is hopefully easier to 'navigate'. Take a look [here](#). Please save/bookmark the new web address: [oatly.com/uk/hcp](http://oatly.com/uk/hcp)

➤ **Climate Impact data:** We are now sharing climate impact data (emissions from field to store) on all of our packaging, so that you can see the climate footprint in carbon dioxide equivalents (CO<sub>2</sub>e). Find our more [here](#).

## Events:

### Allergy CPD Masterclass, London 2019



Friday 5th July 2019, Pillar Hall, Olympia, London. W14 8UX.

If you are a healthcare professional attending this free event, please come and visit us. More details [here](#).

### BDA Food Allergy Specialist Group Annual Study Day 2019.



Thursday 11th July 2019, W12 Conferences, Hammersmith Hospital, London. W12 0HS

If you are a dietitian attending this event, please come and visit us. More details [here](#).

### Vegmed, The Power of Plants: Bringing Plant-based Nutrition into Mainstream Medicine



Saturday 12th & Sunday 13th October 2019, King's College London. WC2R 1ES

Europe's biggest scientific conference on plant-based nutrition is coming to the UK for the very first time and Oatly are sponsors. The first day is for health professions and will be CPD accredited. The second day is open to the general public. There is an incredible line up of speakers, many of them pioneers in the field of plant-based nutrition, including Professor Tim Key, Dr Gemma Newman and Dr Alan Desmond. Find the full list of speakers [here](#). VegMed is being brought to the UK by ProVeg UK in partnership with Plant-Based Health Professionals UK. Co-founder Dr Shireen Kassam, from Plant-Based Health Professionals UK said:

"... The health benefits of a predominantly plant-based diet are still not fully appreciated by the medical community in the UK...I hope the conference will inspire a new generation of healthcare professionals to use plant-based nutrition for disease prevention and reversal in their own clinical practice."

It is anticipated that the conference will sell out, so secure your ticket [here](#) - use code: OATLY10 to get a 10% discount.

# Overnight Oats with Shiro Miso

SERVES 1

The miso gives these oats their pleasant 'umami' taste (the 'new' fifth taste sensation). If you need to eat breakfast away from home, make this in an empty jam jar, and give your taste buds a treat!

## INGREDIENTS:

$\frac{1}{2}$  cup (45 g) of porridge oats  
 $\frac{3}{4}$  cup (180 mls) of Oatly Oat Drink (preferably Whole/Barista Edition)  
 $\frac{1}{2}$  tblsp white Shiro Miso paste  
Topping - your choice from maple syrup, fresh fruit/berries and roasted nuts

### Nutrition Information:

(Approximate nutrition information per serving with fresh fruit/berries, nuts and maple syrup)

Energy (kcal)	349
Fat (g)	12.6
Saturates (g)	1.3
Sugar (g)	5.5
Salt (g)	0.3



## METHOD:

1. Mix all of the ingredients except the topping in a bowl (or jam jar), cover and leave in 'fridge for at least 3 hours, but ideally overnight.
2. Remove from the 'fridge and, if you wish, add more oat drink, until you get the desired consistency.
3. Top with your chosen toppings and enjoy!

