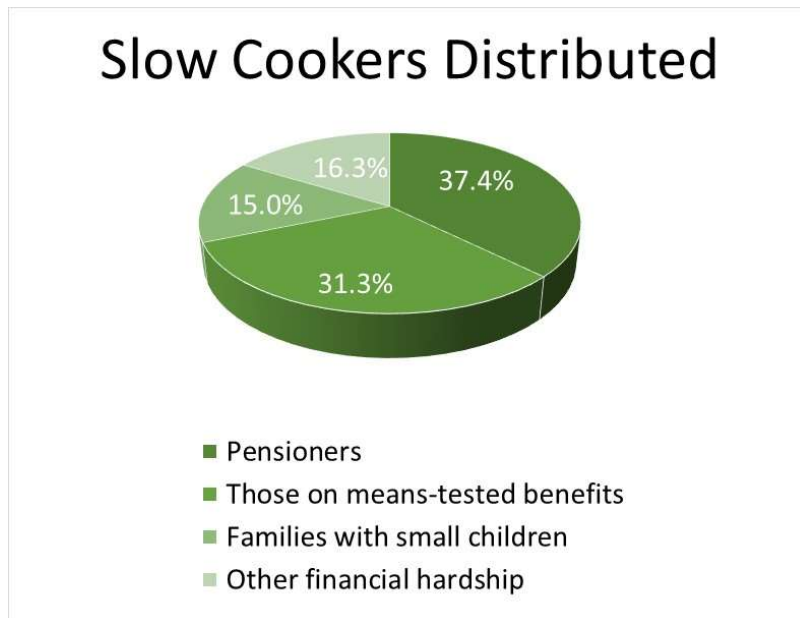




Between November 2022 and March 2023, Greener Orkney distributed more than 300 slow cookers (including 56 to the isles) and 140 recipe books. This was made possible by an £8,000 grant from the Community Led Local Development Fund administered by Orkney Islands Council.

The project was designed to help the most vulnerable in the community by providing equipment and information about how to use less energy-intensive cooking methods.



Thanks to Tesco for their help and support in obtaining most of the slow cookers at a reduced cost, which meant that the project could reach 50% further than originally planned.

Thanks also to Restart for PAT testing donated/exchanged slow cookers so they could be redistributed



We also ran fortnightly themed recipe competitions, giving away eight £50 vouchers over the life of the project, and we published the winning recipes on social media.



At the end of the project, we estimate that if each slow cooker recipient swapped just one meal a week to the slow cooker instead of the oven, the saving would be over £18,600 per year in Orkney.

Comments from some of our recipients:

- *"Thank you. We will make good use of it and save money at the same time."*
- *"A massive, massive Thank you for the slow cooker"*
- *"Looking forward to a nice hot stew tonight!"*
- *"The cookbook to go along with it is a huge help as I've never used one before"*
- *"We're well delighted to have a slow cooker as I cook for dad everyday"*
- *"I think the Greener Orkney Slow Cooker Project is a fantastic idea."*
- *"I am very much looking forward to trying it all out"*
- *"I just wanted to say thank you for the cooker."*
- *"It will certainly keep the costs down for cooking."*
- *"I am trying out recipes, and now I do not have to restrict cooking to the "storage heater night times", which was rather stressful because nobody wants to eat warm meals only after midnight"*
- *"I believe in your amazing vision and actions. It's just fantastic it can come to life and give the community so much. Just wanted to say thank you."*

Thanks from Greener Orkney to the Community for supporting this, and our other projects too.