

Eric Liddell Centre win Healthy Living Award

The Eric Liddell Centre have once again been recognised for their commitment to ensuring that visitors have the option of eating healthily.

The Centre's chef, Fiona Lemmon and café volunteer, Lorraine McSheaffrey were presented with a Healthy Living Award Certificate by Scotland's National Chef, Gary Maclean, recently at a ceremony at the Royal Concert Hall in Glasgow.

Speaking about the award, Eric Liddell Centre Chief Executive, John MacMillan said: "It's an honour to be recognised again by the Healthy Living Award as we always want to ensure that people who use the Centre are provided with the most nutritious options available.

"Our café has frequently promoted these options through its menu where fruit smoothies, seasonal salads and more are available. It has also made efforts by offering free fresh fruit for schoolchildren as a healthy alternative to buying crisps or sweets. We are certainly doing our bit in an effort to respond to the bigger challenge of obesity in society.

"We will continue to provide the healthiest available food for our customers and service users and do encourage all to drop in to sample what is available."

