

Fog's Food Challenge – First Winner Neil Foxall



The first of Fog's Food Challenges came to a close on the 25th Jan and we have been blown away by your fantastic engagement, it has become a great challenge and we hope to see many more of your delightful meals in the future! So... after 2 weeks and with over 20 entries we have our first winner, member Neil Foxall. As you can see from the image Neil cooked up his Salmon and Cauliflower rice dish. Gilly and Fog were very impressed, commenting "this dish as it met all the criteria from being nutritious, creative and be prepared and cooked in under 30 minutes". Well done Neil! Furthermore, a special thank you to everyone who let us into their kitchen and shared some of their superb meals. You can view them all in our member cookbook.

THE WLTSC UPDATE 01.02.21



WLTSC Community

The club may be closed, but the community ethos doesn't stop! It was very heart-warming to see a member of our WLTSC Family Jan Taylor visit fellow member Eric Barker last week to deliver his favourite club meal - a wonderful and thoughtful thing to do. These gestures go a long way and we are proud to have such a caring team that embodies what WLTSC is all about - friendships and community, so Eric, we hope you enjoyed your Lamb Casserole!

All the recipes from all our members and fitness team can be found on the WLTSC website cook book:

<https://www.wltsc.com/the-wltsc-cook-book/>

The Next Challenge...

As the first challenge comes to a close its time for the second of Fog's Food Challenge, the requirements:

- Nutritious
- Relatively Quick
- Get Adventurous

This new challenge is open from **today 1st Feb** through till **21st Feb**, so get your entries in via the Facebook Group!



Created by Taylor Penny

 @wltsc Catch up now using hashtags
#fogsfoodchallenge & #squashchallenge

 @wltsc **#WLTSC2021** for website images

 @Wolverhampton Lawn Tennis
and Squash Club