

# GOOD FOOD STORY

**Name:** Liz Grieve  
**Project:** Doughlicious  
**Location:** Dumfries



## Describe your project

Our vision as a project is to inspire people to make and eat real bread that is full of nutrients and benefits to health. We are all volunteers who work hard to deliver our mission in a number of ways. Every 3<sup>rd</sup> Wednesday of the month we run a Bread Club with free workshops at the STOVE in Dumfries where people can learn the skills to make dough and share recipes, funded at the moment by ANCBC.

Another aspect of our project is our weekly bake at Summerhill Community Centre where we have our ovens. We make around 60 loaves including brown, almost white, cheese, bread sticks and fruit loaves. The bread is distributed between the Summerhill Pantry for the community, various groups at Summerhill and volunteers, Sandside Community Garden and Bethany Drop in. Lots of people, especially young people, now want to eat the bread we make instead of supermarket bread, which is a great success!

We also run pizza making workshops with Lift, Sandside Community Garden, Summerhill and have been at Lochside Gala for the last 4 years where we make around 120 pizza in 3 hours! We have had Rotary funding and have also been gifted pizza ovens so now have 4 which is amazing. The pizza dough is a combination of rye, wheat and the toppings are quality local veg and cheese.



## How did you get started?

Doughlicious began in 2019 when Liz decided to share her passion and baking skills with people so they could learn to make healthy delicious bread at home and for communities. During Covid things got more difficult and volunteers were driving to Glasgow to get flour!

The project really started to grow after Liz and other people from Lift and VOG attended a 'Baking in Community' workshop facilitated by Nourish Scotland and Scotland the Bread.

## What are the challenges?

Having equipment for making bread at the scale we now operate at has been an challenge. In the early days there were just two people and we had no mixer so everything was done by hand which is physically hard work! However, over the years we have been so lucky to have been gifted or received funding for ovens, grain millers, mixers, pizza ovens and lots of other equipment so it is more manageable. Although storage of equipment is a challenge!

As always we could do with more hands on deck and especially getting volunteers for big events so feel free to contact us if you would like to get involved!

[www.doughliciousdumfries.co.uk](http://www.doughliciousdumfries.co.uk)

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## What are your plans for the future?

Continuing to get more and more people baking nutritious healthy bread and bringing communities together to reduce social isolation and improve mental wellbeing.



## What does sustainability mean to you?

The flour we use is organically grown and milled in Scotland, sourced from suppliers such as Scotland the Bread, and our other ingredients are natural chemical free and as local as possible. Having access to these flours for local communities and passing on the skills to bake bread at home supports the sustainable Scottish grain economy.

We are also growing wheat in a few community spaces around Dumfries to connect people with the bread that they are eating and learn about sustainability in terms of wheat production. The project is a participant in 'soil to slice' movement which engages communities in growing, harvesting, milling and baking with more nutritious grains and help people to more fully to the process.

## What good food changes need to happen in D&G?

Starting with one thing can bring about larger change a step at a time – for example making a simple loaf of nutritious bread from sustainable ingredients.

Sharing skills across multigenerational and multicultural communities brings in such a joy and richness of knowledge to food change.