



Hello and welcome to our Christmas issue of **nourish**!

Keeping you up-to-date with Community Nutrition Education programmes in the Southern Trust area.

Remember **YOU** are the most important contributors and we want to hear from you. Let us know if you have any stories, ideas, personal experiences or photographs. If you would like to receive this newsletter let us know your email address and we will send it to you!

A big THANK YOU! to all who have run any of our Programmes since our last issue!

Cook it! Team News

The *Cook it!* Team's key role is to train and support a network of facilitators to deliver evidence based nutrition, weight management and cooking skills programmes across community and HSC settings. This builds capacity within individuals and communities to make healthier choices, supporting their health and wellbeing and reducing health inequalities.

A new face

Anne-Marie Hughes is the new *Cook it!* Team Dietetic Support Worker. She completed her *Cook it!* facilitator training in October and Choose to Lose facilitator training in November. She is busy getting to know all of our facilitators across the Southern Trust area and planning her own programmes commencing in the new year.

Welcome to the team Anne-Marie.



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Congratulations Jane

WE HAVE A WINNER



Well done to Jane Murray who won our summer edition 'Find the Fruit & Veg' competition. Jane has won a large Eatwell Guide floor mat and selection of food models which she can use with her groups when delivering her community nutrition education programmes.

Our facilitators are very busy delivering programmes to a wide range of groups. Feedback is always positive and participants really enjoy the programmes.

We would like to take this opportunity to thank all of our hard working facilitators who are committed to delivering programmes across the Southern Trust Area.



The Cook it! Team

Food Safety Corner

Let's talk turkey

With Christmas fast approaching and two thirds of UK households choosing to have roast turkey for their Christmas dinner, the Food Standards Agency (FSA) is offering tips on how you can safely prepare turkey at home.



Dr Kevin Hargin, Head of Foodborne Disease Control at the Food Standards Agency, said: "I know that Christmas can be a stressful time of year for some people, especially when cooking for a crowd. Which is why this year we have put together the 'Let's talk turkey' guide, which offers some helpful tips on how to store, prepare and cook your turkey, and safely handle leftovers to ensure that you keep your loved ones safe from food poisoning this Christmas."

For more food safety information this Christmas, visit www.food.gov.uk/lets-talk-turkey or follow @foodgov #LetsTalkTurkey on Twitter for tips and advice throughout the festive period.

Let's Talk TURKEY

- 1 Pack raw and ready-to-eat food in separate shopping bags** to avoid cross-contamination.
- 2 Give your turkey time to defrost fully, in the fridge.** It could take up to 4 days, so check the on-pack guidance.
- 3 Don't wash raw turkey –** it just splashes germs onto your hands, clothes, utensils and worktops.
- 4 Make sure your turkey is cooked by checking that:**
 - the meat is steaming hot throughout
 - there is no pink meat visible when you cut into the thickest part
 - meat juices run clear.
- 5 You can use previously cooked turkey (even if it was frozen) to make a new meal.** This new meal can be frozen too, but only reheat it once.

Food Standards Agency
food.gov.uk

Making the news headlines - 'Best Before' and 'Use By' dates

In an effort to reduce food waste a major retailer in England has decided to sell dried foods and tinned products beyond its 'Best Before' date. These items will be reduced to sell for 10p. So what does the term 'Best Before' and 'Use By' mean?

- Best Before** - means the product will be at its best if eaten by the date shown. It will be safe to eat after that date, although the quality of the product may be compromised e.g. dried pasta, tinned soup, box of cereal
- Use By** – this means that the food is safe if used up to and including the date shown, if it is stored as recommended by the manufacturer. Applies to highly perishable foods e.g. fish, meat & poultry. If the product is not used by the date, it should be thrown away as it may cause food poisoning. Be food label smart – its ok to eat after the 'Best before' date but **NEVER** eat food after its 'Use by' date.

CHOOSE TO LOSE

Success Stories



The group achieved a fantastic combined weight loss of **32.7kg (5 st 2 lbs)** with a highest individual weight loss of **7.8kg!**



WELL DONE to a group of ladies from Bleary Community Centre (pictured above) who recently completed a 12-week Choose to Lose weight loss programme, facilitated by Christina Morris, PWB Support Worker.

Choose to Lose is designed to encourage a fun and easy, step by step approach to weight loss. Participants enjoy 12 fun and motivating group sessions, packed full of advice and tips on how to make realistic lifestyle changes.

Each session involves 75 minutes of combined nutrition education and physical activity.

If your organisation would be interested in finding out more about the Choose to Lose programme please get in touch cookit@southerntrust.hscni.net

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“Swap and Save at Christmas”

We all look forward to Christmas and food is often a big part of our family celebrations. Many of us will eat 6000 kcals on Christmas Day without realising it!

Did you know that if you eat 100 Calories (kcals) more than your body needs each day, after a year you could put on an extra 10lbs in weight? You probably don't realise the 'extras' you're eating each day. But every extra bit that goes in ends up going on.

Let's enjoy our food but make smart choices by using the following 'Swap and Save' tips

- 2 Mince pies = 506 kcals, Swap to 1 Mince pie = 253 kcals, **Save 253 kcals**
- 2 slices of Christmas cake = 438kcals, Swap to 1 slice = 219kcals, **Save 219kcals**
- Christmas pudding with custard and brandy butter = 587kcals, Swap to Christmas pudding = 330 kcals, **Save 257 kcals**
- 6 'Chocolate' sweets = 200 kcals, Swap to 3 and **Save 100 kcals**
- Large glass of wine = 228 kcals, Swap to small glass = 100 kcals, **Save 128 kcals**
- 1 pint of water = **zero calories!** Add some ice, mint or lemon

Festive calorie burning tips!!

- 30 mins of washing up, burn up 105 kcals
- Christmas shopping 60 mins walk, burn up 240 kcals
- 2 hrs prep Christmas dinner, burn up 320 kcals
- 30mins dance around the kitchen, burn up 200 kcals (go on and have some fun!)



SLOW COOKING



Slow Cooker Conversion		
Conventional Recipe Time	Slow Cooker Time On Low	Slow Cooker Time On High
15 to 30 mins.	4 to 6 hours	2 to 3 hours
35 to 45 mins.	6 to 8 hours	3 to 4 hours
50 mins. to 3 hrs.	8 to 10 hours	4 to 6 hours



There are benefits in using a slow cooker. Cheaper, tougher cuts of meat become tender after long slow cooking. They are also a convenient way to cook family meals when there is limited time in the evening to cook from scratch. Recipes such as stews, casseroles, braised meat are full of flavour as the gentle cooking allows flavours to develop. Slow cookers also have a lower energy rating than conventional ovens. The delicious **Spiced Beef Casserole** recipe below can also be made in a slow cooker – just follow the recipe up to the end of point 5, then transfer it to a slow cooker instead of the oven and cook following manufacturer's instructions. Please note that no liquid escapes from a slow cooker, so when adapting regular recipes, reduce the liquid by approximately a half. Many of the Cook it! recipes are suitable for use.

RECIPE CORNER

Spiced Beef Casserole

Serves: 4

Cooking Time: 2hrs 30 minutes

Ingredients

- low-calorie spray oil
- 1 teaspoon rapeseed, olive, corn or sunflower oil, if required
- 500g lean steak pieces (chuck or braising cut into 2cm cubes)
- 1 large onion, peeled and chopped
- 250g mushrooms, cleaned and cut into quarters
- ½ red pepper, deseeded and sliced
- 1 teaspoon mustard
- 1 teaspoon mild chilli powder
- 1 tablespoon Worcestershire sauce
- 2 tablespoons plain flour
- 1 low-salt beef stock cube dissolved in 400ml boiling water
- freshly ground black pepper

Method

1. Preheat the oven to 160°C or gas mark 3.
2. Generously spray a large non-stick frying pan or casserole pan with oil and heat until very hot. Add the cubes of meat and fry quickly until golden brown. Remove with a slotted spoon and drain on kitchen paper.
3. Add the onion, mushrooms and pepper slices to the pan and fry, stirring occasionally for 3 minutes until they begin to soften (you may need more oil).
4. Put the mustard, chilli powder, Worcestershire sauce, and flour into a bowl and add 100ml of the stock. Whisk until smooth.
5. Add the remaining stock to the pan and bring to the boil. Pour about half the hot stock into the mustard mixture and whisk by hand to give a smooth paste, and then pour back into the pan, stirring over a high heat until thickened.
6. Season with freshly ground black pepper, and then return the meat to the pan. Bring to the boil.
7. Cover the casserole pan with a lid (if you are using a frying pan, transfer to an earthenware dish with a lid) and place in the oven for 2 hours 30 minutes or until the meat is tender.

This is perfect for making at the weekend and keeping in the fridge for 1–2 days, ready for reheating thoroughly for a quick week-night meal.



EAT WELL, SPEND LESS THIS CHRISTMAS

It is getting more expensive to live in the UK making it difficult to eat healthily. The following money saving tips will give you some ideas to help you eat well and spend less.

Top Ten Money Saving Tips



1. Plan ahead, write a shopping list and avoid impulse purchases.
2. Cut food waste by eating leftovers from your evening meal for lunch or freezing for the following week.
3. Look out for weekly fruit and vegetable deals at supermarkets, markets and local shops.
4. Cut your meat – swap for pulses (beans, lentils and peas) and vegetables for example when making spaghetti Bolognese, replace the mince with tinned chickpeas, lentils or kidneys beans and add frozen vegetables.
5. Use leftover vegetables from your evening meal to make soup for lunch the next day – simply pop in a pan with a stock-cube, cover with water and cook on a low heat for 10 minutes, then blend or eat it chunky with some wholemeal or seeded bread.
6. Try supermarket value brands, which often taste just as good for a lower price.
7. Try tinned or frozen fruit and vegetables – buy fruit in natural juices/water instead of in syrup when you can, to avoid extra calories from the added sugar.
8. Rely less upon 'ready' or manufactured food like takeaways or processed meats and cook from scratch.
9. Ask members of staff at local supermarkets for fresh food reduction times to grab a bargain. Use within date or freeze for later.
10. Buy some dried herbs and spices, for example chilli powder, paprika and mixed Italian herbs – they are not expensive and they add great flavour to simple homemade dishes.

Top 5 worst celeb diets to avoid in 2018

The British Dietetic Association (BDA) has revealed its much-anticipated annual list of celebrity diets to avoid in 2018. The line-up includes Raw Vegan, Alkaline, Pioppi and Ketogenic diets as well as Katie Price's Nutritional Supplements. To find out more visit: [https://www.bda.uk.com/news/view?id=195&x\[0\]=news/list](https://www.bda.uk.com/news/view?id=195&x[0]=news/list)



New to SHSCT FOR 2017/2018

The **goodfood toolkit** has been produced to help ensure that local people receive accurate and practical nutrition messages on how to follow a healthy balanced diet. Use of the toolkit and delivery of nutrition education sessions is flexible and can be run as a one off or as a series of up to 9 sessions. The toolkit can also be used as a nutrition reference document for community workers.

Training was delivered to 15 new facilitators in Nov 17 (pictured below) from all over the Southern Trust Area.



FACILITATOR TRAINING COURSES

What is Cook it?

Cook it! is a community nutrition education programme. It offers hands on practical experience of cooking and preparing food, as well as improving individual's knowledge of healthy eating and food safety. A programme runs for 6 weeks and each session lasts for 2 hours. Participants get the opportunity to cook healthy low cost meals and sample the chosen recipes!

Recent Cook it! Training

Cook it! training was delivered to 8 new facilitators in Oct 2017. Congratulations to all the new facilitators especially those who have already started delivering their programmes.



Ongoing support is offered by the *Cook It!* team to all Facilitators that have been trained, through support visits and network meetings, enabling facilitators to maintain their knowledge and motivation to deliver quality programmes.

What is Choose to Lose?

Choose to Lose is a 12 week community based, peer support, weight loss programme for adults. It is designed to be delivered in a group setting to empower participants how to achieve and maintain a healthy weight. It combines nutrition education and physical activity and is packed full of advice and tips on how to make realistic lifestyle changes.

Recent Choose to Lose Training

Choose to lose training was delivered to 15 new facilitators in Nov 2017. Congratulations to all the new facilitators. We look forward to seeing your programmes up and running in the New Year.



Has your organization run any of our Community Nutrition Education Programmes?

Please remember to let us know if you are running any groups by sending in your reporting schedule!

Cook it! Team Contact Details

The **Cook It!** Team consists of Dietitians, a Dietetic Support Worker and Admin Staff. We can be contacted at:

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