



Hello and welcome to our Summer 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!

## Meet the *Cook it!* Team

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 within the SHSCT area. This builds capacity within individuals and communities to make healthier choices, supporting their health and wellbeing and reducing health inequalities.



L-R Stephanie McCann, Elaine Abbott, Collette O'Brien, *Cook it!* Team Dietitians, Anne-Marie Hughes, Dietetic Support Worker

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.

## Has your organization run any of our Programmes?

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



The *Cook it!* Team had their annual Nutrition update for facilitators in February 2018. David Phillips from ABC Council delivered a session on '**Your Food isn't rubbish**' from Love Food Hate Waste.

Did you know?

- Wasting food is a **BIG** problem. Here in the UK we waste around **£12.5 billion** of food and drink each year. Or **7 million tonnes** – enough to fill Wembley Stadium 9 times over! Most of the food we waste could be eaten.
- Throwing away our food and drink is a waste of money. The food and drink we waste each year works out at around £470 per household

Further information and recipe ideas available:

<https://www.lovefoodhatewaste.com>

There was also a session on 'First Aid in the kitchen' which included CPR and choking awareness



Next Annual Update session  
Tuesday  
5<sup>th</sup> Feb 2019



## OUT AND ABOUT WITH COOK IT! & I CAN COOK IT!



**Women's Group, Brownlow Hub**



**Blossom Surestart, Portadown**



**Day Opportunities, Gilford**



**South Tyrone Men's Shed at  
Dungannon Youth Resource  
Centre (Above)**



**JIMS Youth  
Centre, Kilkeel  
(Above)  
Homestart, Kilkeel  
(Left)**



**Arke Surestart, Armagh**

**Keep sending in your photos 🍷**



## 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 15 new facilitators in May 2018. Congratulations to all the new facilitators especially those who have already started delivering their programmes.



## What is I Can Cook it?

**I Can Cook it!** is an 8-week programme that has been developed to support adults with mild to moderate learning disabilities who want to enhance their cooking skills and to support healthier eating choices. The programme is practical in nature and encourages group participation through the use of story board activities and hands on cooking experience over a 2 hour session each week.

## Recent I Can Cook it! Training

**I Can Cook it!** training was delivered to 16 new facilitators in June 2018. Congratulations to all the new facilitators. We look forward to seeing your programmes in action over the coming months.



## COOK IT! FACILITATOR TRAINING IN ACTION



*"Excellent training and feel prepared for delivering the Cook it! Programme"*

*"Really glad I did the training and looking forward to getting started"*



*"Very enjoyable and informative, amazing resources"*

## RECIPE CORNER

Serves: 4

### Grilled peaches with frozen mango yogurt

#### Ingredients

- 6 peaches, cut in half and stone removed
- juice of 1 orange
- 1 teaspoon sugar

#### Ingredients for the frozen yogurt

- 425g (1 tin) mango slices
- 250ml fat-free (0%) fat thick natural yogurt

#### Method

1. Preheat grill to high.
2. Drain the juice from the tin of sliced mango and place into a food processor or blender with 250ml of thick yogurt then blend.
3. Transfer into a shallow plastic container and freeze for at least 6 hours.
4. Lay the halved peaches onto a grill pan and spoon a little orange juice over each, then sprinkle with a little sugar.
5. Grill for 5 minutes until slightly caramelised and soft.
6. Serve the warm peaches with a scoop of frozen yogurt.



### Lamb Kebabs with Greek Salad

Serves: 4

#### Ingredients

- 500g extra lean minced lamb
- 1 garlic clove, peeled and crushed
- 1 teaspoon curry powder
- 1 teaspoon paprika

#### Ingredients for the salad

- 4 large tomatoes, stalk removed and cut into chunks
- 100g feta cheese, cut into cubes
- 70g of pitted black olives (optional)
- 70g (1 bag) salad leaves, or chopped iceberg lettuce
- a small handful of fresh mint, chopped
- 1 tablespoon balsamic dressing (buy a 'healthy option' one)
- freshly ground black pepper

#### Method

1. Soak 8 wooden skewers in hot water for 10 minutes.
2. To make the kebabs, place the minced lamb, garlic, curry powder and paprika into a bowl and mix together. Divide the mixture into eight balls and mould each ball onto a skewer to form a sausage shape.
3. Preheat a grill to high and grill the kebabs for 10–12 minutes, rotate while cooking.
4. Whilst the lamb is cooking, make the salad: mix the tomato and feta chunks together, and then add black olives, salad leaves, chopped mint, balsamic dressing and black pepper.



This is an ideal recipe for cooking on a barbeque



## SUMMER FOOD SAFETY



Summer is the perfect time to enjoy a barbecue with family and friends, but you need to ensure that food is stored and cooked safely.

Barbecuing can be a great way to have a healthy balanced meal while enjoying the good weather. If possible, start cooking your meat in the oven and finish it off on the BBQ to avoid tummy bugs. Unprocessed meats are best, and a large serving of salad or barbecued veg will complement your meal and fill you up. Finish off with some fresh fruit to make sure you get your 5-a-day.

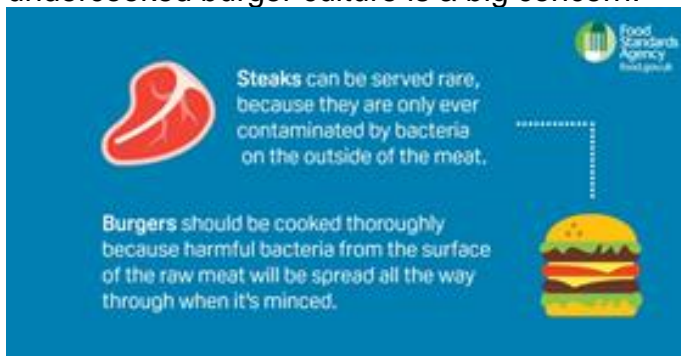
Further information available at:

<https://www.bda.uk.com/foodfacts/BBQ.pdf>

### **BURGER FEVER!**

#### **The rise of the undercooked burger**

Fuelled by perceptions that rare and medium burgers are tastier than their well-done counterparts, there's a growing trend among burger restaurants of cooking to customer preference. The bad news is that this undercooked burger culture is a big concern.



The only way to be sure that any bacteria in the middle of your burger have been killed is to cook it well done at home, or order it well done when eating out.

## Safe Summer Food in Eight Easy Steps

- 1 Make sure frozen meat is fully thawed before cooking**  
Defrost in the fridge or microwave on the defrost setting, not at room temperature



- 2 Keep cold, perishable foods below 5°C**  
In the fridge, or in a cool box when out and about

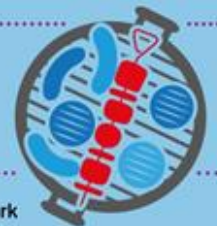


- 3 Use different chopping boards and utensils for raw meat**  
Store raw meat separately from ready-to-eat food



- 4 Pre-cook chicken and pork in the oven**  
Finish them on the barbecue knowing that the meat is safely cooked through

- 5 Don't overload the barbecue**  
And remember that disposable barbecues take longer to heat up and to cook food



- 6 Cook burgers, sausages, kebabs, pork and chicken until:**
  - ☒ They're steaming hot
  - ☒ There is no pink meat
  - ☒ Any juices run clear

- 7 Don't serve rare burgers**  
Harmful bacteria may be present in the middle of a pink burger



- 8 Don't leave food out for longer than two hours**  
One hour if it's very hot outside



For more information about Safe Summer Food visit [food.gov.uk/safe-summer-food](http://food.gov.uk/safe-summer-food)



## USING LEFTOVERS

If you have any leftovers from your barbeque, these should not be left outside where they could be in the sun and where insects and animals could get at them. As with all leftovers, cover these foods and allow them to cool down in a cool place (your kitchen) before refrigerating within two hours of cooking and use within three days.

***If in doubt, throw them out!***

## FACILITATOR TRAINING COURSES

### Cook it! Facilitator Training

**Cook it!** training runs over 2 days and is **FREE!**

The next training will take place on:

#### Day 1

Date: Tuesday 9<sup>th</sup> October 2018

Time: 9:30am to 4:30pm

#### Day 2

Date: Tuesday 16<sup>th</sup> October 2018

Time: 9:30am to 4:30pm

**Venue** for **BOTH** days:

Haven Close, St Luke's Hospital Site,  
71 Loughgall Rd, Armagh, BT61 7NQ

### goodFood Toolkit Facilitator Training

**goodFood Toolkit** training runs over 1 day and is **FREE!**

The next training will take place on:

#### Day 1

Date: Tuesday 18<sup>th</sup> September 2018

Time: 9:30am to 4:30pm

**Venue:**

Multi-Purpose Room 2  
Newry Leisure Centre  
60 Cecil Street, Newry  
BT35 6AU

### CHOOSE TO LOSE Facilitator Training

**CHOOSE TO LOSE** training runs over 2 days and is **FREE!**

The next training will take place on:

#### Day 1

Date: Tuesday 20<sup>th</sup> November 2018

Time: 9:30am to 4:30pm

#### Day 2

Date: Tuesday 27<sup>th</sup> November 2018

Time: 9:30am to 4:30pm

**Venue** for **BOTH** days:

Haven Close, St Luke's Hospital Site,  
71 Loughgall Rd, Armagh, BT61 7NQ



Newly Updated Food Budgeting Programme  
(Food Values)

To register interest and for further information  
on this new programme, please contact:

The *Cook it!* Team Dietitians

02837564544

[cookit@southerntrust.hscni.net](mailto:cookit@southerntrust.hscni.net)

## Cook it! Team Contact Details

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

[cookit@southerntrust.hscni.net](mailto:cookit@southerntrust.hscni.net)

T: 028 3756 4544

Promoting Wellbeing Department, St. Luke's Hospital Site, 71 Loughgall Road, Armagh BT61 7NQ