



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!

## 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 2017. Congratulations to all the new facilitators especially those who have already started delivering their programmes.



"I really enjoyed the hands on cooking prep"

"Enjoyed getting to taste a polish recipe"

## 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 10 new facilitators in June 2017. Congratulations to all the new facilitators. We look forward to seeing your programmes in action over the coming months.



"The manual is so informative"

"Loved the meal we cooked"



## Armagh Men's Shed Get Cooking!



Members of the Armagh Men's Shed recently completed a six week Cook it! programme, facilitated by newly trained staff member Kathleen O'Hare supported by Elaine Devlin, Investing for Health Officer, ABC Council. Kathleen reports:

*"I am enjoying the programme very much, good to get the practice in so quickly after the training"*

Cook it! encourages and educates participants to make healthy food choices, handle and prepare food safely, and join in practical hands on cooking session. Participants also have a chance to sample the completed dishes.

The participants from the Armagh Men's Shed prepared and cooked a variety of soups, fish pie, rainbow rice as well as making the famous Cook it! *All round Burger* from scratch, which they report was *"DELICIOUS!"*



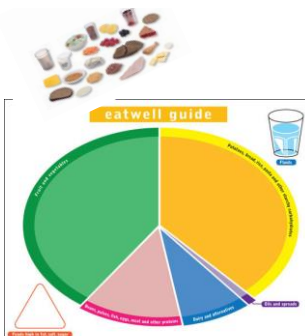
*"I swapped my weekly chippy takeaway for oven chips when I realised the difference in fat content"*



2 of the men have tried out the recipes at home for family members



A Large Blank Eatwell Guide Floor Mat & Selection of Food Models



## COMPETITION

### Find the Fruit & Veg

Find the fruit or vegetable hidden in the clues:  
e.g. That little **monkey** nut is hard to crack..

**LEMON**

- 1) Was Tom at our Cook it! programme last week?
- 2) That's the best raw berry I've ever tasted!
- 3) Where are those vegetables we delivered?
- 4) I hope Ashley will arrive soon
- 5) Is Toni one of the best cooks in the group?
- 6) I'll keep each recipe that we cook in a folder



Email your answers:

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

or send via post to:

The Cook it! Team,  
PWB Dept.;  
St Luke's Hospital,  
Armagh, BT61 7NQ

Closing Date 31<sup>st</sup> Aug 2017



## NUTRITION IN THE WORKPLACE



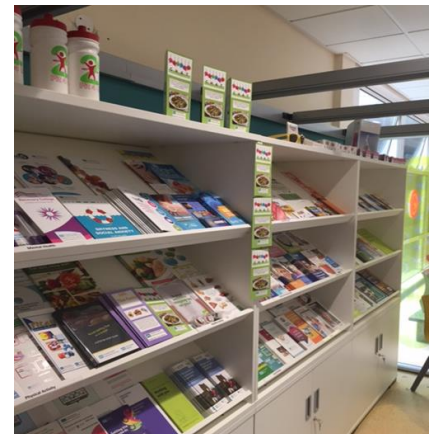
### Table talkers

The SHSCT Nutrition in the Work Place Group, Cook it! Team and Community Dietitians have developed a series of 12 table talkers. The table talkers are available in Craigavon, Daisy Hill, South Tyrone and Lurgan hospital dining rooms. They are also available in the staff Hub in Craigavon Area Hospital and SHSCT intranet. The table talkers were developed to inform staff, generate conversations and promote key messages on a range of topics such as food, nutrition, physical activity and alcohol. If you are in any of these facilities please look out for the table talkers. they are full of useful information.

### SHSCT Health and Wellbeing Hub

*Providing access to health and wellbeing information and services for staff, patients, carers and relatives*

The Hub is designed as a space for staff, service users and the public to find the right information or service to improve their health and wellbeing. At the Health and Wellbeing Hub you will be able to access booklets, leaflets and other sources of information related to health and wellbeing issues free of charge. We also plan to recruit and train volunteers to help you access the information you need or to signpost you to services or training that can help you improve your health and wellbeing.



Location: Craigavon Area Hospital, Broadway Corridor

## The Sunshine Vitamin

### What is vitamin D?

Vitamin D helps to control the amount of calcium and phosphate in our bodies. Both are needed for healthy bones, teeth and muscles.

Vitamin D is found naturally in a small number of foods, including oily fish, whole milk, meat, liver and eggs. It's also found in fortified foods like breakfast cereals, margarine and spreads.

However, it's difficult for us to get the recommended amount of vitamin D from food alone.

Our main source of vitamin D is from the action of sunlight on our skin.



All adults should consider taking a daily supplement containing 10 micrograms of vitamin D, during Autumn and Winter months.





## A Day

### Snack Attack

Keep fruit in your bag,  
a convenient and  
healthy snack!



## Eat a Rainbow

Different coloured fruits and vegetables contain a combination of vitamins and minerals. Evidence has shown significant health benefits to getting at least 5 portions of a **variety** of fruits and vegetables every day e.g. lowered risk of developing many diseases such as heart disease, obesity, stroke and some cancers.

### What's a portion?

- 1 banana, apple, pear
- 1 slice of large fruit like melon or pineapple
- 2 Satsuma's, plums or kiwis
- A handful of grapes, cherries or berries
- 30g dried fruit e.g. raisins or apricots
- 3 tablespoons of fruit salad or stewed fruit
- 3 heaped tablespoons vegetables (raw, cooked, frozen or tinned)
- 1 dessert bowl of salad
- Max 150ml 100% pure fruit juice or smoothie

## RECIPE CORNER

### Chunky Vegetable Stir-fry

Serves: 4

Cooking Time: 10 minutes

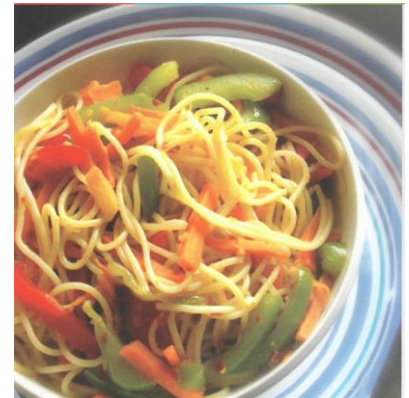
#### Ingredients

- 1 large green & 1 large red pepper
- 2 medium carrots
- 10 mushrooms (fresh or tinned)
- 50g beansprouts (fresh or canned)
- 2 teaspoon unsaturated oil e.g. olive, rapeseed or sunflower
- 1 inch piece of fresh root ginger
- 1 cup (100g) fresh or frozen peas (could use sweetcorn as alternative)
- 3 tablespoon water
- 300g noodles (uncooked)
- 1 tablespoon unsalted nuts or cashew nuts
- Pepper
- 1 tablespoon soy sauce

#### Method

1. Begin by preparing all vegetables. Wash and deseed the peppers and cut into thin strips, peel the carrots and cut into thin strips, wash and thinly slice the mushrooms, wash the beansprouts, grate ginger if using fresh ginger.
2. Add the oil to a large saucepan or wok and heat. When the oil is moderately hot, add the ginger and stir-fry for about 1 minute to allow the ginger to flavour the oil.
3. Add the peppers and carrots and stir-fry for 2 minutes. Add the mushrooms, peas and beansprouts and continue to stir-fry for another 2 minutes. Add the soy sauce and pepper to taste. Add water as necessary to prevent sticking.
4. Meanwhile cook the noodles following the instructions on the packet. Drain and rinse the boiling water.
5. Stir the nuts or cashew nuts into the vegetable stir fry and cook for 1 minute more.

*Serve immediately with noodles.*





NEW TO  
SHSCT FOR  
2017

## What is the Good Food Toolkit?

It is a resource for community workers to equip them with all the information needed to run nutrition education sessions with community groups.

The Good Food Toolkit was developed to ensure nutrition information on healthy lifestyles provided to local communities is accurate and practical.

The Toolkit along with one day training, (both free), will equip community workers to be able to deliver nutrition education sessions to their community groups.

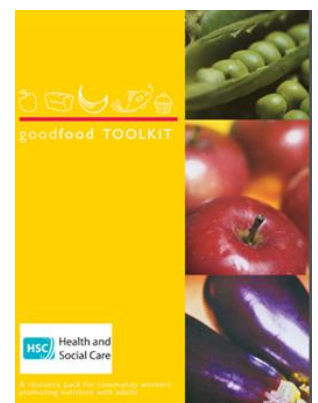
The Toolkit itself consists of a 266 page colour printed document which is given to each community worker who completes the one day training. It contains background nutrition information, session plans – plus all activities and resources necessary to run participatory nutrition education sessions for community groups.

Background information is included on:

- The Eatwell Guide
- Physical activity and health
- Food labelling
- Shopping and cooking
- Low income – how it affects food and eating habits
- Dietary related conditions (e.g. overweight, diabetes, cancer, osteoporosis, iron deficiency anaemia)
- Vegetarian diets
- Religion and food choice

Nine detailed session plans and resources are provided on:

- ✓ Healthy eating and the importance of physical activity
- ✓ One session on each of the five sections of the Eatwell Guide
- ✓ Salt
- ✓ Making sense of food labels
- ✓ Shopping and cooking



## **How is the Toolkit to be used?**

Use of the Toolkit and delivery of nutrition education sessions by the community workers is flexible. Sessions can be run as a one off or as a series of sessions. The Toolkit can also be used as a nutrition reference document for community workers.

## **Who is it for?**

The Toolkit and training is for those working with community groups with healthy adults. It is not suitable for those on therapeutic diets, adults with learning disabilities, infants, young children or frail older people.

## 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 10<sup>th</sup> October 2017

Time: 9:15am to 4:30pm

#### Day 2

Date: Tuesday 17<sup>th</sup> October 2017

Time: 9:15am 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: Wednesday 27<sup>th</sup> September 2017

Time: 9:15am to 4:30pm

**Venue:**

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

### Food Values Facilitator Training



Facilitator training is planned to be delivered again in 2018

To register interest and for further information on the Food Values programme, please contact:

Stephanie McCann or Elaine Abbott

*Cook it!* Team Dietitians

### CHOOSE TO LOSE Facilitator Training

CHOOSE TO LOSE training runs over 3 days and is FREE!



To register interest and for further information on the Choose to Lose programme, please contact:

Elaine Abbott or Collette O'Brien

*Cook it!* Team Dietitians

## *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