



nourish

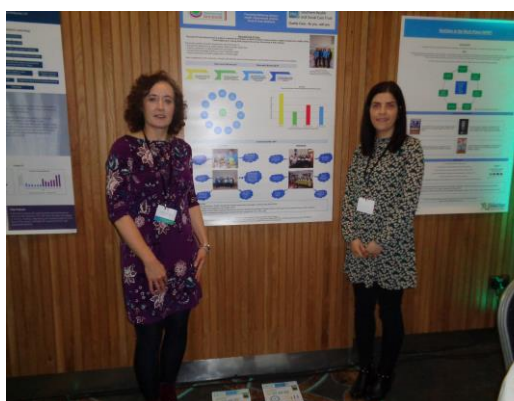
Hello and welcome to our Christmas issue of **nourish**!

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



Collette O'Brien and Stephanie McCann, Dietitians, represented the SHSCT Cook it! Team at the Allied Health Professional & Healthcare Scientists Conference as part of the recent NI Advancing Health Care Awards 2018.



The Cook it! Team submitted a poster under the theme **'Delivering Together – Better Living Matters.'** The poster presentation was an opportunity to showcase the wide range of work undertaken by the Cook it! Team in the SHSCT area. It was also an opportunity to demonstrate the impact of working in partnership with you as facilitators in the community, voluntary and statutory sector, building capacity within individuals and communities to make healthier choices, supporting health and wellbeing and reducing health inequalities.

If you would like to receive a copy of the poster presented please contact cookit@southerntrust.hscni.net

5 simple steps to a healthier you in 2019



1. Be a healthy weight
2. Eat well
3. Dump the junk
4. Drink less alcohol
5. Move more

It's never too late to start making healthy choices. Even small changes can make a big difference.

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.

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!



From The Cook it! Team



Cook it! working in partnership with local Foodbanks

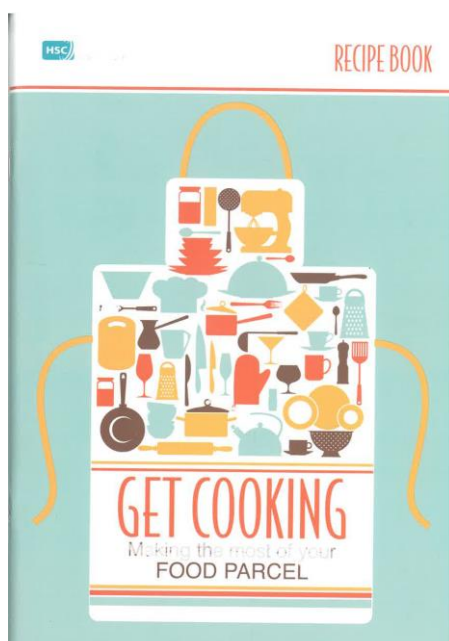
The Cook it! Team have been working with local foodbanks in the Southern trust area. People can find themselves at crisis point for a number of different reasons. If you or someone you know is struggling to put food on the table, foodbanks can help.

Foodbanks work with local agencies to identify people in need and then provide a foodbank voucher. The voucher can be exchanged for a minimum of 3 days emergency food.

A typical food parcel contains Cereal, Soup, Pasta/Rice, tinned tomatoes, beans, tinned vegetables, UHT milk, fruit juice etc. Many foodbanks also provide non-food items such as toiletries and hygiene products.

To help people make the most of their food parcel a new recipe book called **'Get cooking, Making the most of your Food Parcel'** has been developed in Northern Ireland. It provides information on how food in a typical food parcel can be used to produce more balanced meals on a budget. There is also a section on 'No cook/Low fuel' recipes as well as information on 'Savvy shopping' and shopping tips.

The cost of cooking makes up about 4% of the average energy bill. Thinking carefully about how we use cooking appliances can help us save on our fuel bills. Only boiling the amount of water that you need in the kettle each time, could save up to £7 per year!



Shop around for the best value. Check the price difference per unit price, e.g. 'per 100g' between products.

Try 'own brand' rather than branded products – they are usually cheaper and just as nutritious!

The Cook it! Team worked with the foodbanks in SHSCT area to raise awareness of the 'Get Cooking' resource and provide it for foodbank users.

2 volunteers from the Helping Hands project in Portadown attended recent Cook it! facilitator training, October 2018. Well done to Heather and Evangeline who are now able to run their own 6 week Cook it! programme at the foodbank.

If you would like further information on the resource please contact cookit@southerntrust.hscni.net





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 14 new facilitators in Nov 18 (pictured left) from all over the Southern Trust Area.

goodfood Toolkit in action

A session on the Eatwell guide and food labels was delivered to a group from Derrylaughan GAC by Anne-Marie Hughes, Cook it Team DSW in Nov 2018. Feedback was very positive....

"Thanks for a very informative and well delivered course. Definitely 'food' for thought"

"Enjoyed the session, surprised at the food labels. The brain can't decide if you're hungry or thirsty."

"Food Labels – shocked at some of the results!"

"Brilliant session! Happy to see plant-based whole foods represented better in the Protein sources and Dairy alternatives."

"Enjoyed the session, more aware of food labels now."

What is goodfood toolkit?

Nine detailed session plans and resources are provided on:

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



The toolkit and training is for those working with healthy adults within the community setting. For further information contact cookit@southerntrust.hscni.net



Top 5 celeb diets to avoid in 2019

The British Dietetic Association (BDA) has revealed its much-anticipated annual list of celebrity diets to avoid in 2019. The line-up includes; Blood type diets, drinking your own pee, detox teas/skinny coffee, slimming sachets & alkaline water.

To find out more visit:

[https://www.bda.uk.com/news/view?id=224&x\[0\]=news/list](https://www.bda.uk.com/news/view?id=224&x[0]=news/list)



Annual Nutrition Update
for **ALL** facilitators
Tuesday 5th February 2019
Haven Close, St Luke's Site,
Armagh (Times & Programme TBC)



TIS THE SEASON.... FOR COFFEE

'Tis the season to be jolly, but for many the Christmas festivities bring with them dread at the prospect of ruining all of the year's hard work towards being and staying healthy in just a few, short, party-filled weeks. After all, on average, people gain between 1-5lbs (0.5-2.5kg) over the Christmas period.

The arrival of the high-street coffee shop festive menu is a sure sign Christmas is coming. But you may not be aware that behind the colourful cups these festive fancies are loaded with a waistband-busting amount of fat and sugar that you'd never find in a regular latte or cappuccino.

Indulgent Options

- Black forest hot chocolate.
Medium, with semi-skimmed milk
Energy – **428kcal**. Fat – 21.7g,
Sugars – 37.9g (~**7.5 teaspoons**)
- Yule log Frappuccino. Tall, with whipped cream
Energy – **352kcal**. Fat – 23.7g
Sugars – 29.6g (~**6 teaspoons**)
- Caramelised almond brittle latte.
Regular, with whipped cream
Energy – **384kcal**. Fat – 23.9g, Sugars
– 29.5g (~**6 teaspoons**)

Top Tips:

Hold the extras – cream, syrup and marshmallows add a significant amount of sugar and fat, try adding a sprinkle of cinnamon or nutmeg instead

Reduced sugar – ask for sugar free syrups, avoid adding sugar or use sweetener instead

Go skinny – ask for your drink to be made with skimmed or semi-skimmed milk

Small please! – choose a small drink rather than large

Make your own – low fat or diet hot chocolate powders such as 'options', 'highlights' or 'skinny cow' can be made with water and are super tasty!



All drinks listed contain more calories than a chocolate bar (a Mars bar has 228 calories) or a typical mince pie (226 calories), and in some cases more calories than two portions of Christmas pudding!

Ingredients

- 3 medium carrots
- 2 large parsnips
- 1 red onion
- 1 small turnip
- Few sprigs of fresh Rosemary & Thyme (Optional)
- Low-calorie spray oil

Method

1. Heat the oven to 200°C or gas mark 6.
2. Peel the carrots, parsnips, red onion and turnip and chop into 2.5cm (1 inch) chunks.
3. Spray oil into a roasting tin, then add the vegetables and mix to coat in the oil. Add the herb sprigs to the tin and place in the oven.
4. Roast the vegetables for 20–30 minutes until tender and golden.

Festive Roasted Root Vegetables

(Perfect accompaniment to Christmas Dinner)



Aim to cover at least a third of your Christmas dinner plate with a variety of vegetables. As long as they are not covered in butter, fatty spreads, or sauces, all vegetables are low in calories and fat and contribute to your 5-a-day.

I Can **Cook it!**

fun, fast food for less



This adapted version of the core programme, *I Can Cook it!* includes group discussion and story board activities as well as the opportunity for hands-on cooking experience and the chance to sample the completed dishes. It is intended to be used in 8 sessions with take home recipes and key messages to encourage carers and family member's involvement.



Willowbank Resource Centre, Dungannon

Service users recently completed the *I Can Cook it!* programme facilitated by support staff Sinead O'Brien & Rosemary Harte (pictured above & left). Willowbank is a voluntary organisation, based in Dungannon providing day opportunities, training and support for adults with a physical disability and/or a sensory impairment. Rainbow Rice & Fresh Fruit Salad featured on the menu.



Catching up with *I Can Cook it!*

Facilitator Eileen Canavan



I worked for most of my career as a Learning Disability Nurse in the SHSCT. I always admired the commitment and motivation of the Cook It Team to promote the *I Can Cook It* Programme. When I retired I took on the role of Healthy Club Officer with my club Ballymacnab GFC. I was aware from my working role and volunteering with the football club that adults with learning disabilities in the rural area around Ballymacnab didn't have the opportunity to address issues in relation to their own health. I decided to become an *I Can Cook It* facilitator and undertook the training. The training equipped me with the knowledge and tools to run an *I Can Cook It* course with a group in the Ballymacnab GFC area. I admire the commitment and dedication of the group members in learning about healthy eating and to cook healthy meals. It amazes me the interest that the group members have in eating healthy and learning to cook and makes the delivery of the programme so easy. The feedback from parents/carers, family members and members of the community is so positive and healthy cooking has resumed in the homes of the group members again since the *I Can Cook It* programme started. Socialising is another important aspect of the programme and the group members have been involved in various health talks and prepared and served fruit kebabs at a health related talk in Ballymacnab. I would like to thank the Ballymacnab GFC for their support in organising and facilitating the course. I would recommend the training to anyone interested in promoting healthy eating and cooking in their local community area. The training and support from the Cook It Team provided me with knowledge and confidence to organise the group and the manual provided succinct guidance on the recipes and cooking methods to follow each week.

Ballymacnab Community Hall, Armagh

*Eileen Canavan (Centre) in action with some of the participants who completed an *I Can Cook it!* Programme*



A day in the life of EMMA

Emma Cosgrove is a busy young woman attending a course in the Southern Regional College and working part time. "I really liked attending the *I Can Cook It* Programme as I learnt how to cook new healthy recipes every week in my local hall. My most favourite recipe was the Chicken Curry. I also liked cooking the Apple and Blackberry Crumble. I never had known about Rainbow Rice before and it was beautiful when we cooked it in the group. I am now doing more cooking at home from the *I Can Cook It* recipe book especially the Chicken Curry. My Dad says that my Apple Crumble tastes lovely and is the best he has ever eaten. I would recommend the *I Can Cook It* Programme as I have learnt to cook and eat healthy and I have enjoyed meeting up with friends in my local hall."

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 16 new facilitators in October 2018. Congratulations to all the new facilitators especially those who have already started delivering their programmes.

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 2nd April 2019

Time: 9:30am to 4:30pm

Day 2

Date: Tuesday 9th April 2019

Time: 9:30am to 4:30pm

Venue for **BOTH** days:

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

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 4 new facilitators in Nov 2018. Congratulations to all the new facilitators. We look forward to seeing your programmes up and running in the New Year.

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.



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

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

T: 028 3756 4544

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