



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 2019. Topics covered included Sustainable Eating, Energy Efficient Cooking and Savvy Shopping. The session ended with a blind taste test of a delicious Minestrone soup (see recipe below,) made with either branded or unbranded ingredients. Interestingly, the group preferred the unbranded version at a huge saving of almost £6 for the batch which included store cupboard ingredients left over that could be used again.



Did you know? A diet that is more plant based and less animal sourced foods is healthy, sustainable and good for both people and the planet. Find out more at:

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



Next Annual
Update
session
Tuesday
4th Feb 2020

Find Your Balance

The British Nutrition Foundation (BNF) has launched a “practical” guide to stop people eating too much amid the obesity crisis.

The guide – titled **Find Your Balance** – uses simple hand and spoon measurements to help us estimate appropriate portions, when cooking and serving food, which the BNF believes may be easier to understand and put into practice than using scales.

The guide was developed to complement the government's advice on the sorts of foods to eat, as laid out in the NHS' Eatwell Guide which provides guidance on the proportions of the main food groups that make up a healthy diet.

The organisation hopes the guide will not only help us understand which foods to eat, but how often and in what quantities, in order to maintain a healthy weight and have a balanced diet.



Most of us probably don't think about portion size when we eat - it typically depends on what we would usually have, how hungry we feel and how much is in a pack or on our plate. But having a healthy, balanced diet is about getting the right types of foods and drinks in the right amounts.

We're all individuals with different needs but for healthy adults the range of different foods we need is pretty much the same for all of us. However, the amount of food we need, varies from person to person. If you're tall or very active you may need more and could have larger portions. If you're a small person or are trying to lose weight, you may need smaller portions. If you use hand measures then portion sizes will vary with the size of your hands and so, generally, bigger people will automatically get bigger portions and smaller people will get smaller ones.

There are 3 resources you can download from the link at the bottom of this page:

- Find your balance one page simple guide - perfect for putting on the fridge
- Find your balance booklet with example portion sizes and an example of portions for meals and snacks across a day
- Find your balance full portion list with details of portion sizes for a range of foods as well as more information and FAQs

<https://www.nutrition.org.uk/healthyliving/find-your-balance.html>

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 April 2019. 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 15 new facilitators in June 2019. Congratulations to all the new facilitators. We look forward to seeing your programmes in action over the coming months.



Cook it! Team host *Fruity Brunch* for PWB Staff to mark World Cancer Day



SHSCT Day Opportunities Group went shopping to carefully select fruit for their World Cancer Fruit Party at Zest. The group had great fun and worked really hard, using their 'I Can Cook it!' skills, to make the event a huge success!



RECIPE CORNER

Minestrone Soup

Serves: 4

Cooking Time: 30mins

Ingredients

- 1 onion, peeled and roughly chopped
- 1-2 cloves garlic or 1tsp garlic granules*
- 2 tins chopped tomatoes*
- 1 tin red kidney beans*
- 2 large carrots, peeled and roughly chopped
- 2 celery sticks, roughly chopped
- ½ a small turnip, peeled and diced
- 1 courgette, roughly chopped
- 2 tablespoons tomato puree*
- 1 vegetable stock cube* dissolved in 1 litre water
- 2 bay leaves*
- 1 teaspoon dried mixed herbs*
- freshly ground black pepper*
- 50g soup pasta or small pasta shapes* (dry weight)



Method

1. Put all the ingredients, except the pasta, in a large saucepan and bring to the boil, then simmer for 20 minutes.
2. Add the pasta and cook for another 10 minutes until tender.
3. Finally, remove the bay leaves and serve with wheaten bread

* Ingredients that can be bought either branded or unbranded

Energy Saving Tips in the kitchen

- ✓ Plan meals to get the most of the oven while it is on
- ✓ Cut up food into smaller pieces to cook more quickly
- ✓ Cook a large amount of food and freeze for future use
- ✓ Use a slow cooker leaving the food to cook slowly
- ✓ Use the microwave for small portions, defrosting or reheating food
- ✓ Only boil the amount of water in the kettle you need
- ✓ Don't leave the fridge or freezer door open longer than necessary
- ✓ Allow food to cool before freezing
- ✓ Defrost freezer regularly
- ✓ Consider replacing older appliances with A rated which are the most efficient



Savvy Shopping Top Tips

- ✓ Plan in advance, check your cupboard and fridge
- ✓ Make a list
- ✓ Buy food essentials first
- ✓ Compare food prices, use special offers wisely and avoid impulse buying

SHSCT STAFF COOK IT! IN ACTION

Well done to all who completed our first **staff** Cook it! programme delivered by Anne-Marie Hughes, Dietetic Support Worker and Stephanie McCann, Cook it! Team Dietitian from The Promoting Wellbeing Division.

All participants had a chance to prepare and cook healthy meals each week. There was an opportunity to sit down and discuss what they thought of each dish, and whether it would be something they would cook again at home for family and friends.

The participants said that they thoroughly enjoyed the programme and would be spreading the word amongst their colleagues to attend future programmes.



- *I enjoyed all of it and looking forward to trying all the recipes*
- *I enjoyed eating together, the lovely food and the company, as well as the cooking.*
- *The sessions were very well explained, lots of helpful advice, food labelling, choice of food.*
- *The facilitators were excellent and the other participants very friendly*
- *I am going to use more herbs and spices to flavour my dishes instead of using salt*
- *I will make changes to the food I buy and the way I cook it over the coming months*



Easy Wheaten Bread



Gammon & Leek Pasta

Fish Pie



Colourful Rainbow Rice

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 1st October 2019

Time: 9:30am to 4:30pm

Day 2

Date: Tuesday 8th October 2019

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 10th September 2019

Time: 9:30am to 4:30pm

Venue:

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

FOOD VALUES Facilitator Training

Food Values training runs over 1 day and is **FREE!**

The next training will take place on:

Day 1

Date: Tuesday 19th November 2019

Time: 9:30am to 4:30pm

Venue

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

New & Updated for 2019



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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