



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!

Changed times!

Life has certainly changed since our last edition of Nourish! We are all trying to adjust to the COVID-19 pandemic and social distancing.

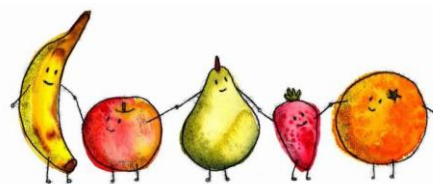
In terms of our day to day lives, we have been juggling the kids at home, work, queueing for our food shop, washing our hands & trying to put food on the table! Let's be honest it can feel like an uphill struggle and sometimes we need to remind ourselves that it is ok to feel overwhelmed. On those days there is comfort in remembering that we are all in this together.

We continue to provide support to a network of facilitators across the SHSCT area. We work with individuals and communities to encourage healthier choices, support their health and wellbeing and reduce health inequalities.

Learning curve: It has been a steep learning curve for us too but support is offered by the *Cook it!* team to all trained Facilitators. Regionally we are currently developing guidance on how to deliver Cook it! online. Some of you have been in touch and have run some online cooking sessions.

Has your organization run any of our Programmes online?

Please share your learning with us. We are keen to hear all of your experiences



In this edition we want to share with you tips to **Feed your Family for less**

- Plan & Shop savvy
- Supermarket own brands
- Beware of Special offers!
- Reduce waste - store food properly
- Store cupboard essentials
- Bulk out meat dishes
- Cook once and eat twice
- Leftovers



For tasty low cost recipes ideas

<https://www.choosetolivebetter.com/content/healthy-recipes>

<https://www.safefood.eu/Recipes.aspx>

<https://www.nhs.uk/change4life/recipes>

Recipe

Banana and Yoghurt Wrap Up

Encourage the children to roll up their sleeves and get stuck in! They will love cutting the fruit and mixing the yoghurt and jam. It is fun to make and great for lunch!



Makes 1 wrap

Preparation Time: 5 minutes

Ingredients

- 2 tablespoons of greek yoghurt
- 1 teaspoon of strawberry jam
- 1 wholewheat tortilla
- Banana

Method

1. In a small bowl, stir together yoghurt and jam.
2. Peel the banana and chop into bitesized pieces.
3. Spread the yoghurt mixture evenly over the tortilla and place the banana along the edge and roll up
4. Cut in half & enjoy!

Top tips:

- Try a variety of fruit e.g pineapple, apple, peach or blueberries
- Replace the jam with mixed frozen berries that have been defrosted
- Try reduced fat greek yoghurt or natural yoghurt

Feedback and comments to cookit@southerntrust.hscni.net

Let's Cook together. We've heard that more people are cooking at home during COVID. This is great news!

- Use the time at home to practise some basic cooking skills
- Teenagers can roll up their sleeves and cook dinner
- Younger children can make snacks, set the table and put the groceries away
- Best of all, you can have a well-deserved cuppa while the children get stuck in!

Feed your family for less

1. Plan, Plan, Plan

- ✓ Plan your weekly menu before you do your shopping. Include all meals, snacks & drinks
- ✓ Allocate a meal to a day of the week e.g. Spaghetti Bolognese on a Monday
- ✓ Stick to planned meals even if pressurised by family. Include the children in the planning

2. Shop Savvy

- ✓ Define your food budget for the week
- ✓ Check your cupboards, fridge and freezer first. Plan meals around these ingredients first.
- ✓ Make a shopping list based on your meal plan and stick to it.
- ✓ Don't shop when hungry
- ✓ Match your list to the layout of the supermarket
- ✓ Check the reduced section – can you include these items into your meals for the week or freeze them.
- ✓ Larger supermarkets tend to be cheaper & have more variety than smaller shops

3. Beware of Special Offers!

- ✓ It is only a bargain if you will use it
- ✓ Not always a good deal! Check the unit price on the shelf label
- ✓ Convert the cost per 100g to compare different types e.g. carrots loose at £1.20 per kilo versus a bag of carrots costing 89p for 500g. This means the loose carrots are 12p per 100g($£1.20 \div 10$) and the bagged carrots 18p per 100g($.89p \div 5$) = loose carrots are better value
- ✓ Care! Special offers are often placed at the front of store, end of an aisle/checkout when you are most tempted to make quick decisions



A pre COVID Cook it! in action at First Steps Women's Centre, Dungannon

4. Reduce Waste – store food properly



- Keep your fridge under 5 degrees and your freezer -18 degrees
- Freeze herbs, bread – slices or breadcrumbs, bananas, milk, cheese
- Check the **Use by** – this means it is safe if used up to and including the date shown, if stored as recommended by the manufacture e.g. perishable foods such as fish, meat, poultry. If the product is not used by that date it should be thrown away as it may cause food poisoning

Be smart – Never eat food after its Use by date

5. Supermarket Own Brands – switch from branded to cheaper supermarket own brand items

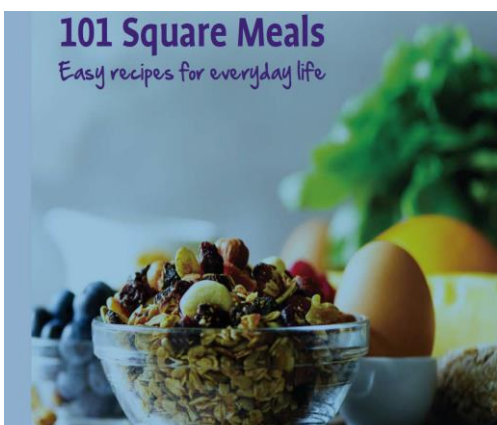
- ✓ Often these are cheaper, just as nutritious and taste just as good.
- ✓ Challenge yourself to try dried pasta, stock cubes, orange juice, yoghurt, chopped tomatoes, and cereal – bet you won't notice a taste difference!
- ✓ For example chopped tomatoes range from 33p to 80p per 400g tin. If you buy 2 tins of chopped tomatoes per week and switch from branded to unbranded you can save a massive £50 per year!

Gone on and make the Switch!

6. Bulk out meat dishes

- ✓ Meat is usually the most expensive item in a meal. For example in a Cottage Pie or Spaghetti Bolognese, use half the meat and bulk it out with red lentils or kidney beans.
- ✓ This helps to make your meal go further and increase fibre.
- ✓ Add grated Veg e.g. carrot, celery, onion. More Veg means more nutrients
- ✓ Why not try a meat free night – choose veggie lasagne, curry, lentil & Veg Stew, Stir fry Veg or veggie burgers instead
- ✓ Choosing meat free meals more often is not only good for our health but good for the £££ in our pocket
- ✓ Don't compromise on the taste, spice it up by adding chilli, paprika, garlic, mixed herbs, cumin
- ✓ Check out 101 Square Meals for some Vegetarian choices
- ✓ 101 Square Meals is a recipe book from Safefood produced by the PHA for use in Northern Ireland. It contains tasty recipes for breakfast, lunch and dinner. All the recipes are available to download by clicking on the link below

http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101_Square_Meals.pdf



SPICE IT UP! - Add:-

- Chilli
- Paprika
- Pesto
- Cumin
- Coriander

7. Store Cupboard Essentials

Relying on the contents of the kitchen cupboards more than ever? This can be really useful especially if you want to make fewer trips to the shops. Include UHT milk, pasta, noodles, tinned beans, tinned fish and tinned fruit. Mix and match dried foods, tins and packets to create a filling, tasty and nutritious dinner.

Healthy store cupboard foods are suggested below. Most are long lasting but check the contents of your cupboard regularly to ensure ingredients are used while at their best. Shop smart, avoid waste and only buy what you will use.

<p>DRINKS</p> <p>Make sure you get enough fluid through the day</p> <p>Tea, herbal teas, coffee</p> <p>Malted drinks, Hot chocolate</p>	<p>FRUIT AND VEGETABLES</p> <p>Tinned fruit and vegetables can help you get your 5 A Day!</p> <p>Tinned vegetables in water such as tomatoes, peas, sweetcorn etc</p> <p>Tinned fruit in natural juice such as peaches, pears, pineapple etc</p> <p>Fruit juice from concentrate, store in fridge when open</p>	<p>MEAT, FISH, EGGS AND BEANS</p> <p>Providing protein and iron. Oily fish is rich in Omega 3 fatty acids</p> <p>Tinned meat such as lean stewed steak</p> <p>Tinned fish - salmon, tuna, mackerel, sardines and pilchards</p> <p>Tinned beans - baked beans, kidney and butter beans</p> <p>Dried lentils, split peas, nuts</p>	<p>MILK AND DAIRY FOODS</p> <p>Calcium rich foods for good bone health</p> <p>UHT milk, once opened treat as fresh milk</p> <p>Tins or pots of milky puddings such as rice, custard, semolina etc</p> <p>Packets of custard or blancmange</p>	<p>BREADS, RICE CEREALS AND POTATOES</p> <p>Eat at every meal for energy, fibre, B vitamins and iron</p> <p>Porridge and plain breakfast cereals</p> <p>Crackers, oatcakes, rice cakes</p> <p>Pasta, rice, tinned or dried potatoes</p> <p>Part baked breads</p>
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8. Make the most of your Leftovers

- Save money by using your leftovers. Eat for lunch or dinner the next day. Cool food within 2 hours and eat within 2 days.
- Use leftover potato to top a cottage pie, in a potato salad or try making potato bread.
- If not eating, put in a suitable container and label
- Meat can be used in sandwiches, wraps or as toppings on pizza
- Be careful with Rice as it is a high risk food and eat within 1 day.

9. Cook Once and Eat Twice

Save time and effort by making two meals. Put one in the freezer. This works well with soup, curries, cottage pie, fish pie, or lasagne. It means that on those days when you are tired and you can't be bothered to cook that you have something there. Just remember to defrost the night before!



COVID HELPLINE

The Cook it! Team helped to support the Trusts Covid Community Helpline. Staff on the helpline provided essential information and support for people who were shielding e.g. access to food parcels, medication, and social support. Anne-Marie, Dietetic Support Worker said “it was great to help vulnerable people especially those who were living on their own or had no family. It has been a very rewarding experience to have been part of a team helping people in our local community through this very difficult time.”

NEWSFLASH

Help Us to Help You

We are sending out a scoping exercise to find out what are the nutrition issues for you and your service users. We will contact you shortly, please complete and return.

It will help provide valuable information on the way forward for the Cook it! Team.



Take 5 leaflet - <http://pha.site/STAYATHOME>



Hydration Top Tip

Save money and be kind to the environment. Avoid buying bottles of water. Carry a reusable water bottle and fill from your water tap at home. Aim to drink 6-8 cups of fluid a day. Water, lower fat milk, sugar free drinks including tea and coffee all count. Limit fruit juice and or smoothies to a total of 150ml a day.



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