

# Community Cuisine

Newsletter from the WHSSB Cook It! Team

## Watch this space

### Coming up soon:

- Launch of Community Food and Nutrition Team and Annual Networking day on 22 April 2008
- Local updates
- Food hygiene training for Cook it! tutors

## What's Inside:

Tutor profile	Pg 2
Eatwell Plate	2
Nutrition in the news	3
Introducing Joanne	3
What's new	4
Updates	4
Cook it! tutor training	5
Freezing and defrosting	6
Recipe	6

## New team member

At the end of summer Joanne Pollock, a Food and Nutrition student from the University of Ulster at Coleraine joined the team for a year's work placement.

With Shauna still off on maternity leave, Joanne has made a welcome addition to the team.

Shauna will return in March

## The fruits of consultation!

The last edition of Community Cuisine, mentioned our plans to undertake consultation with the community and voluntary sector to find out what you wanted from a Community Food and Nutrition Team.

This consultation followed on from the Scoping exercise carried out during the summer of 2006 – the results of which formed the basis of our case for mainstream funding.

Consultation mornings were held last autumn and the final report will be available in March. While much of what we heard was not unexpected we gained some very useful information and suggestions. Here are some of the themes that emerged.

### ➤ Give us Cook it!

It was really pleasing to hear that everyone – those with first hand experience of Cook it! and those who knew of it by reputation - was keen for Cook it! training and support to continue.

### ➤ Give us choice

Accredited nutrition courses benefit those who want to further their skills and knowledge but are daunting for others. There is a need for flexibility in training offered.

### ➤ Give us variety

While training in nutrition is important, other courses that improve knowledge and enhance skills were also considered valuable. These included training in food hygiene, cooking skills, first aid and group facilitation.

### ➤ Give us support

The close contact developed with the Cook it! team was identified by many as a positive factor and were adamant that this relationship should continue. Access to a Dietitian and signposting to other health professionals were also noted as being important.

## So what next?

When the consultation results are finalised, an action plan will be drawn up to direct the activities of the Community Food and Nutrition Team. Copies of the consultation results will be published on the Western Health Action Zone website.

**The Community Food and Nutrition Team will be launched at the Networking Day on Tuesday 22<sup>nd</sup> April.**

For further details contact the Cook it! team.

## Tutor Profile

Stephen Kerr and Sean McGrory together deliver Cook it! to young people aged 16-25. Stephen works for Strand Foyer - aimed at young people who are in need of housing and are prepared to commit themselves to training and employment. Seans works for Derry Bytes - an IT drop in centre offering personal development programmes and ICT skills.

**Favourite foods:** **Stephen** "Spuds, Pasta, Sausages"  
**Sean** "Pasta, Pizza"

**Favourite Cook it! recipe:** **Stephen** "Pitta Bread with Sardines/ Fruit Crumble"  
**Sean** "Ulster Style Pizza"

**Favourite film/book/music:**  
**Stephen** "Shawshank Redemption/Papillion by Henri Carriere/Stevie Wonder & James Taylor"  
**Sean** "Scarface/ Understanding Power by Chomsky/The Doors"

**What most annoys you:** **Stephen** "Sean" **Sean** "Stephen"

**What do you most admire in others:** **Stephen** "Kindness" **Sean** "Honesty"

**Cook it! moment to remember:** "In our first session (which was attended by Shauna) we began cooking our Chilli Con Carne and soon realised that we forgot to buy mince – D'oh!!"

**Tip for other Cook it! tutors:** "Where possible work in pairs – it halves the workload & offers good support and it's a laugh! – Cook It! should be fun."

*Thank you to Stephen and Sean for such an amusing insight to their Cook it! tutor double act!  
 Would you like to feature in our Cook it! Tutor profile? Nominate yourself (or someone else) by contacting the Cook it! team!*

## From the Balance of Good Health to the Eatwell Plate

The Eatwell Plate - a redesigned and updated version of the Balance of Good Health - was launched by the Food Standards Agency last year. The Eatwell Plate features a larger 'plate' showing photographs of foods rather than drawings. The names of some of the food groups have been expanded to reflect more accurately the foods they contain. The science behind the plate model and its use remain however, unchanged.

The eatwell plate shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks. So, try to eat:

- plenty of fruit and vegetables
- plenty of bread, rice, potatoes, pasta and other starchy foods, choosing wholegrain varieties whenever you can
- some milk and dairy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- just a small amount of foods and drinks high in fat and/or sugar



## Nutrition in the news



The World Cancer Research Fund has produced a second global cancer report. Recommendations made to reduce risk of cancer included keeping body weight within the normal range; being physically active in everyday life; limiting intake of foods and drinks that promote weight gain; eating mostly foods that come from plants; limiting intakes of red and processed meat, alcohol and salt; avoiding mouldy grains or pulses; meeting nutritional needs through diet alone rather than using supplements; breastfeeding infants exclusively up to six months old.

Cancer Research UK released results from the Million Women Study in the British Medical Journal. This study, which followed more than 1 million UK women over a seven year period, showed that being overweight or obese increased risk of cancer of the oesophagus (gullet) and womb among middle aged and older women.

Caffeine in early pregnancy was found to increase the risk of miscarriage in a study appearing in The American Journal of Obstetrics and Gynaecology. The researchers found that risk of miscarriage doubled when more than 200mg caffeine - about 2 mugs of instant coffee - was consumed. Current recommendations in the UK are that pregnant women should not take more than 300mg caffeine per day. The Food Standards Agency are awaiting the results of research commissioned into the effects of caffeine in pregnancy before deciding if this recommendation needs revision.

'Don't target my kids' campaign demanding a complete ban on marketing of junk food to children has been launched by The British Heart Foundation. Children spend around £13million per year on sweets and snack foods and are targeted by food companies using the internet, mobile phone texts, brightly coloured food packaging, cartoon characters that appeal to children and celebrities who are perceived as being 'cool'. BHF are asking parents to sign their petition to protect children from all junk food advertising.



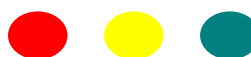
### *Introducing Joanne*

Hello everyone, my name is Joanne Pollock. I am a third year Food & Nutrition student from the University of Ulster and I started a one year placement with the Cook it! project in August 2007.

I have been very busy since starting placement with the Cook it! team. I completed the tutor training in September and did a survey of 'Barriers to delivering Cook it!' among tutors in the autumn. I have just finished delivering my first Cook it! programme in Lisnaskea with the help of Dorothea Elliott.

I am now working on my University project to design and pilot healthy eating workshops for use with children. I am working on this project with Jim Fletcher (BBHF) and would like to thank him for his help and support.

It has been great visiting Cook it! groups and getting to meet so many of the Tutors and participants. I hope to meet more of you at the Launch of Community Food & Nutrition Team & Networking Day in April.





## What's new?

### Farewell to Big Lottery funding

In the autumn, we came to the end of our Big Lottery budget and moved over to mainstream funding from the WHSSB and Fit Futures. We would like to thank all those involved in procuring Big Lottery funding from 2004-07 for without it, Cook it! would not have become so well established in the West. Thank you also to everyone who contributed to our bid for mainstream funding.

### Hello Western Health and Social Care Trust

At the start of 2008, the Western HAZ moved from the WHSSB to become part of the Western Health and Social Care Trust. Our address and telephone number remains the same, though our e-mail addresses have changed - see back for details.

### Cook it! training changes

Tutor training takes place twice a year - end January and end September - and now includes Level 1 food safety training. Details of training for 2008 and application forms are available on the HAZ website.

### Cook it! Risk Assessment

The HPA carried out a regional risk assessment on Cook it! and food allergies. Tutors are advised to check with group members before starting Cook it!, to see if there are any special dietary requirements. Contact Claire immediately if any are identified.

### Cook it! resources

'Cook it! pens' are a new addition to the resources we have procured! Unfortunately, we have temporarily run out of Cook it! aprons. These should be with us again in March. The updated Resources list can be downloaded from the HAZ website.

### Updates

We plan to open out our updates - offering them to a wider audience and taking them out to those requesting them. See right for more details.

## Interested in an update?

### What updates are available?

- Back to basics (overview of Healthy Eating)
- Weaning workshops
- Feeding the under 5s
- Cooking for older people
- Kitchen safety

### How can we get an update for our group?

Follow the three 'Gs':

1. Gather a group
2. Get a venue
3. Give us a call

### Can we request an update on another topic?

Certainly – contact the team to discuss it.

**DON'T FORGET OUR NETWORKING DAY ON TUESDAY 22<sup>ND</sup> APRIL.  
HOT TOPIC:  
FOOD LABELLING**

## Tutor training - Jan/Feb 2008

Nineteen new Cook it! tutors from a variety of organisations, completed their training at the start of the year. The ½ day food hygiene training was held at Strabane College while the two days Tutor training took place at the Station Centre, Omagh and South West College - Omagh Campus.

Both trainers and trainees participated with great enthusiasm - and some of the newly trained tutors have already started delivering their first Cook it! programmes.



"Ok we've made the crumble, now what?"



"Trust me to land up with the dirty pots!"



"Stir, stir, stir!"

Our thanks go to the Environmental Health Officers from the Western Group Environmental Health who have delivered the Level One Food Safety Awareness in Catering training. Next Cook it! tutor training - September 2008.

### ATTENTION!! COOK IT! TUTORS - Did you get your updated Calcium information?

The HPA made some changes to the information in the Cook it! packs in 2007. The changes were minor but the 'Counting on Calcium' section from the Background Information was revised. Copies of the new section have been sent out to tutors but if you have failed to receive yours, please contact the team.

## Please! Please! Please!

**Send us your summary sheet!**

**We may have received sustained funding but we still need to collect statistics on Cook it! delivery. If you have delivered Cook it! in the last 6 months but haven't sent us your summary sheet, please do so as soon as possible so we can collate our figures for 2007/08.**

**If you can't find your summary sheet contact the Cook it! team and we will send you one for every Cook it! programme you have delivered!**

### **Small grants scheme.**

**Our small grants scheme is still in operation. This scheme is open to organisations from the community and voluntary sectors who do not have full funding for Cook it! delivery. It provides a grant of up to £50 towards food items used in any Cook it! programme.**

**To claim the grant, keep all receipts from ingredients purchased during the Cook it! programme and send them (or a good quality photocopy) along with a completed Small Grants Application form to Claire.**

**Application forms and details about the grant are available from the Cook it! team.**

## Contacting your Cook it! team:

Claire Holmes, Dietitian  
[Claire.Holmes@westerntrust.hscni.net](mailto:Claire.Holmes@westerntrust.hscni.net)

Ann Gallen, Admin Assistant  
[Ann.Gallen@westerntrust.hscni.net](mailto:Ann.Gallen@westerntrust.hscni.net)

Shauna Houston, Development Officer  
[Shauna.Houston@westerntrust.hscni.net](mailto:Shauna.Houston@westerntrust.hscni.net)

Joanne Pollock, Placement Student  
[Joanne.Pollock@westerntrust.hscni.net](mailto:Joanne.Pollock@westerntrust.hscni.net)

Cook it! team,  
 Western Health Action Zone,  
 Unit 13, Strabane Enterprise Agency,  
 Orchard Road Industrial Estate,  
 Strabane. BT82 9FR

Tel: 028 7188 0221

Fax: 028 7138 4979

## Freezing and defrosting safely

Just made a big pot of soup or a tasty stew? Planning to freeze it for future use? Good idea! Cooking food in bulk and freezing in smaller quantities can be a real boon for busy families or for those living alone and quite safe as long as the food hygiene rules are followed:

- ✓ Cook food thoroughly before freezing, then divide into portions to cool down. Food will cool more quickly in small portions.
- ✓ Use plastic food containers with lids that are suitable for use in the freezer.
- ✓ Once food has cooled, cover and place in fridge if you plan to eat next day or in the freezer.
- ✓ Remove food from freezer and allow to defrost thoroughly before reheating. Always allow enough time for defrosting.
- ✓ Reheat until food is piping hot.
- ✓ If reheating food in a microwave, stir food frequently to get rid of hot spots and ensure that food is hot all the way through.
- ✓ Serve reheated food straight away.

### Minestrone Soup!

1 onion  
 1-2 cloves garlic  
 2 carrots  
 1 leek  
 2 tins chopped tomatoes  
 ¼ green cabbage  
 1 vegetable stock cube

50g (2oz) small pasta shapes  
 1 tin haricot, kidney or cannellini beans in water  
 2 teaspoons tomato puree  
 Unsaturated oil  
 1 - 2 tsp mixed herbs  
 Black pepper

Serves: 4 - 6

**Cooking time:** 40 minutes

1. Peel and chop onion and garlic finely.
2. Scrape carrots and chop into small chunks.
3. Wash and slice the leeks and shred the cabbage finely.
4. Drain the beans well.
5. Pour 1 tablespoon of oil into saucepan and heat.
6. Add onions and garlic and cook until soft.
7. Add carrots, leeks and chopped tomatoes and stir well.
8. Dissolve stock cube in 500ml (1pint) water and add to soup.
9. Add mixed herbs, tomato puree and freshly ground pepper and stir.
10. Cook for 20 minutes until vegetables are soft then add drained beans and shredded cabbage.
11. Cook for further 5 minutes and check seasoning. Serve with crusty bread.

A lovely comforting soup, bringing a hint of Italian warmth and goodness to cold days.

Suitable for vegetarians.

Contact us

[www.westernhaz.org](http://www.westernhaz.org)

Wishing everyone a Happy  
 Easter from the Cook it! team