



Kilkeel Gets Active Youth Summer Programme

Hello Parents and Guardians,

Your child/children have recently joined our Kilkeel Gets Active Youth Summer Programme. This two week programme consists of physical activity, cooking and interactive learning sessions about healthy living.

Our experienced team of staff and volunteers will supervise and guide our young people to get involved in all our activities to ensure they are getting the most from their summer.

Please see enclosed a programme summary so you can keep informed about your child/children's involvements on the programme.

Kilkeel Gets Active Youth Summer Programme

Samuel Boyd Hall, Kilkeel

Start Time: 10.00am

Finish Time: 16.00pm

Each day will include:

Fun Activities and Team Building Exercises:

- Inflatable Bungee Run
- Archery
- Inflatable Assault Course
- BB Gun Shooting
- Body Zrob's
- Laser Shot

Make Lunch

All our young people will be provided with a healthy lunch each day which young people will be involved in preparing with our dedicated catering specialists. During this time they will learn how to:

- Prepare small simple meals
- How to cook on a budget
- Understand cost comparatives of different meals

OCN Level 1 Award-Healthy Living for the Individual

Topics of discussion will include:

- Importance of fitness
- Food for Personal Health
- Plan a simple healthy meal
- Importance of personal hygiene
- Contraception methods available
- Outline common sexually transmitted infections
- Develop a personal health action plan

*Please note all topics must be completed to achieve the OCN Level 1 Award.

We have also enclosed family support information that you may find helpful.

Session 1- Healthy Breakfast/light lunch

Pancakes

Ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 tablespoon sugar, optional /a mash up banana
- 2 eggs
- 1 ½ to 2 cups milk
- 2 tablespoons melted and cooled butter (optional), plus unmelted butter for cooking, or use neutral oil



Directions

Combine flour, white sugar, baking powder and salt. In a separate bowl, mix together egg, milk, vegetable oil and bananas.

Stir flour mixture into banana mixture; batter will be slightly lumpy.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately ¼ cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.

Brown Bread

Ingredients

- 250g wholemeal flour
- 200g plain white flour
- 1 teaspoon bread soda, sieved
- 1 teaspoon salt
- 1 egg
- 350ml buttermilk, approx
- 1 teaspoon honey



Optional Topping:

- 1 tablespoon sesame seeds or pinhead porridge oats

Directions

Preheat the oven to Gas Mark 6, 200°C (400°F).

Mix the flour, bread soda and salt together in a bowl. Combine the egg with the buttermilk and honey then mix into the flour. Add a little more buttermilk if the mixture is dry—it should be a soft dough. Then pour the lot into a lightly oiled loaf tin. Sprinkle the sesame seeds or porridge oats over the top of the loaf if using.

Bake for 45-50 minutes. To know when it is cooked simply tap the bottom of the loaf— it will sound hollow when it is fully cooked. Remove from the tin and wrap in a clean tea towel while cooling. This will keep the crust soft.

Poached Eggs

Ingredients:

- 4 eggs fresh whole eggs
- Pinch Salt
- 2 teaspoon Vinegar
- Thickly sliced bread, toasted and buttered, and chopped chives, to serve



Directions

Working with 1 egg at a time, crack an egg on to a saucer. Fill a wide saucepan with water until approximately 8cm deep. Add vinegar and 1 teaspoon salt. Bring to the boil over medium-high heat. Reduce heat to low-medium - water should be just simmering, with small bubbles rising from the base of pan and small ripples across the top of the water.

Fill a bowl with cold water and set aside. Using a wooden spoon or whisk, stir simmering water in one direction to create a whirlpool (this will help to give your poached eggs a neat shape).

Slide egg from saucer into centre of whirlpool, as close to water as possible. Cook for 2-3 minutes for a semi-soft yolk or 3-4 minutes for a firm-set yolk, without stirring.

Using a slotted spoon, transfer egg to the bowl of cold water (this stops the cooking process). Remove and drain on a plate lined with paper towels. During and between cooking eggs, use slotted spoon to skim any foam from water surface. Repeat with remaining eggs. To reheat eggs, bring a clean pan of water to the boil then remove from heat. Add eggs. Stand, covered, for 1 minute. Remove and drain on a plate lined with paper towels.

Serve eggs on toast, sprinkled with chives and seasoned to taste with salt and pepper, or use in one of the recipes on the following pages.

Scrambled Eggs

Ingredients:

- 4 Eggs
- 1/4 cup milk
- Salt and pepper
- 2 teaspoon butter

Directions

Beat eggs, milk, salt and pepper in a medium bowl until blended.

Heat butter in large nonstick skillet over medium heat until hot. Pour in egg mixture. As eggs begin to set, gently pull the eggs across the pan with a spatula, forming large soft curds.

Continue cooking—pulling, lifting and folding eggs—until thickened and no visible liquid egg remains. Do not stir constantly.

Remove from heat. Serve immediately.



Session 2 -Dinner/Lunch

Baked potato

Ingredients:

- Baking Potatoes
- Olive oil, vegetable oil, or butter
- Coarse salt or sea salt (optional)

How To Choose Potatoes for Baking: Any potato can be baked, but for the perfect baked potato with the desired flaky texture, it is recommended that mature, baking-type potatoes such as the Russet potatoes be used. Russets are known as a starchy potato, a baking potato, or a mealy potato. The starch gives the potato its characteristic fluffiness.

Make sure that the skin has a nice even brown tone without a greenish cast. Inspect the potatoes thoroughly to make sure that there aren't any significant bruises, discoloured spots, or sprouts. A sprout of any size can be toxic, but you'd have to eat many sprouts to get sick. Do **not** buy potatoes if they have sprouted or have a green tint to the skin. The same is true for potatoes that turn a greenish hue. A potato in this condition is "light-struck" which causes a build-up of a chemical called Solanine. This is a natural reaction to the potato being exposed to too much light. The green part, if eaten in large quantity, can cause illness.

When baking a large amount of potatoes at one time, choose potatoes with uniform shapes and sizes; they will cook more evenly and get done at the same time.

Preparation:

Adjust the rack in your oven to the middle position and preheat oven to desired temperature (see Cooking Temperature Chart below).

Rinse and scrub (I use a stiff-bristled brush) each potato under cold running water, as you will be eating the skins of these perfect potatoes. Don't soak the potatoes (that will make them soggy. Do not use hot water or you'll start cooking the outside and the inside won't catch up). A majority of the vitamins and minerals are found in the skin, so don't throw it away. Dry each potato thoroughly with a clean towel.

Look the cleaned potatoes over and remove any bruises or discoloured spots with the tip of your knife.

Pierce each potato deeply with a fork or sharp knife four (4) times on each side at approximately 1-inch intervals. This will allow steam to escape during the baking. If you don't pierce the potatoes, they may explode during baking in your oven. You don't want this to happen as it makes a terrible mess in your oven!

Wrapping the potato in aluminium foil will produce a soft skin (not crispy). Technically this is steaming rather than baking (as the moisture in the potato remains trapped) and the light, flaky texture will be missing. The texture of a steamed potato is entirely different from that of a perfect baked potato. Save yourself the trouble and expense of wrapping potatoes in aluminium foil and serve perfect baked potatoes. My suggestion is to **NEVER** use aluminium foil when baking potatoes!

For a soft potato skin, rub the outside of the potato with olive oil, vegetable oil, or butter over the skins. I like to roll the potatoes in coarse or sea salt after rolling in the oil and before baking. Place coarse salt onto a small plate. Roll potatoes lightly in the salt. The skin is so yummy to eat!

Bake on racks of oven until tender.

Bake according to the Temperature Chart below. Do not overcook potatoes as the insides will be dry,

Cooking Temperatures for Perfect Baked Potatoes Every Time:

Conventional or Regular Oven:
(about 5 ounces or 150 grams each)

45 minutes at 400 degrees F.

60 minutes at 350 degrees F.

90 minutes at 325 degrees F.

Place the potato directly on the oven rack in a preheated oven.

Place a baking sheet (I put a piece of aluminium foil) on the lower rack (below the potatoes) to catch any drippings.

Convection Oven:

(about 5 ounces or 150 grams each)

45 minutes at 375 degrees F.

60 minutes at 325 degrees F.

90 minutes at 300 degrees F.

Convection ovens cook up to 20% faster than regular ovens. Also, the food in a convection oven is cooked at a lower temperature than in a regular oven to achieve the same results.

The general rule is to decrease your oven temperature at least 25 degrees lower than a regular oven.

Potatoes are done if tender when pierced with a fork and the internal temperature reaches 210 degrees F. You can also use a meat thermometer to test for doneness.

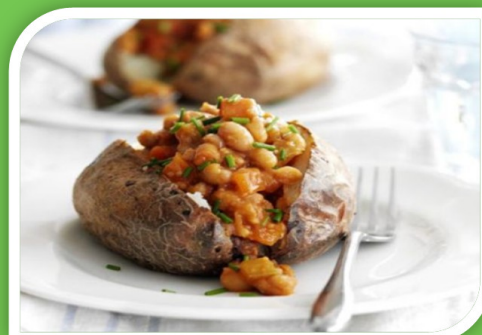
You can also test for doneness by gently squeezing the middle of the potato (using a pot holder). If it gives in easily to your touch, it is done.

This is the type of cooking and meat thermometer that I prefer and use in my cooking. I get many readers asking what cooking/meat thermometer that I prefer and use in my cooking and baking. I, personally, use the Thermopen Thermometer shown in the photo on the right. To learn more about this excellent thermometer and to also purchase one (if you desire), just click on the underlined: [Thermopen Thermometer](#).

Filling for the baked potato

Choose your filling:

- Baked beans
- Cooked bacon- 2slices cooked and sliced
- Cheddar cheese - grated
- Fried onion- 1 onion sliced and fried
- 2 tomatoes-diced
- Butter



Spaghetti bolognese

Ingredients

- 2 tbsp olive oil
- 400g/14oz beef mince
- 1 onion, diced
- 2 garlic cloves, chopped
- 100g/3½oz carrot, grated
- 2 x 400g tin chopped tomatoes
- 400ml/14fl oz stock (made from stock cube. Ideally beef, but any will do)
- 400g/14oz dried spaghetti
- Salt and pepper

Directions

Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour). Once browned, transfer the mince to a bowl and set aside.

Add another tablespoon of oil to the saucepan you browned the mince in and turn the heat to medium. Add the onions and a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan.

Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.

When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the Bolognese sauce. Mix well and serve.



Session 3 - Left over's and a Healthy Treat

Frittata

Ingredients:

- 1/4 pound small fingerling potatoes, thinly sliced
- Coarse salt and freshly ground pepper
- 4 basil leaves, chopped
- 1 tablespoon chopped flat-leaf parsley
- 1 onion sliced
- 4 slices of bacon cooked and sliced

For the eggs:

- 12 large eggs
- 1/4 cup heavy cream
- Coarse salt and freshly ground pepper

For the Topping:

- 3 ounces fresh goat cheese, cut into 6 pieces
- 2 ounces Parmigiano-Reggiano or Asiago cheese, finely grated (1/2 cup)

Directions

Heat 1 tablespoon olive oil in a 10-inch non-stick skillet over medium heat. Cook onion until soft and translucent, stirring occasionally, 3 to 4 minutes. Remove onions and add remaining tablespoon olive oil and 2 tablespoons butter. Add potatoes, onion, bacon and season with salt and pepper. Sauté until they begin to turn golden brown, about 4 minutes. Return onions to skillet in an even layer. Sprinkle evenly with basil and parsley.

Heat broiler. Use a whisk to lightly beat eggs in a large bowl, then whisk in cream, and season with 1/2 teaspoon salt and 1/8 teaspoon pepper.

Pour egg mixture into skillet. Cook, using a heatproof flexible spatula to stir and push egg from edges to center of pan so runny parts run underneath, until eggs are almost set (they should still be wet on top but otherwise set throughout), 2 to 3 minutes.

Drop dollops of goat cheese on top of frittata, distributing evenly and pressing down into eggs a bit with the spatula. Sprinkle evenly with Parmigiano-Reggiano cheese. Broil until frittata is set on top and has puffed slightly, and cheese is melted and golden, 1 to 1 1/2 minutes.

Gently run the spatula around the edges and underneath the frittata and carefully slide out of pan onto a plate. Slice into six wedges and serve hot, warm, or at room temperature



Healthy Banana cake

Ingredients:

- 1/3 cup (40g) coconut oil
- 1/4 cup (4 tablespoon) honey
- 2 eggs
- 1 cup of ripe bananas (3 medium bananas), mashed
- 1/4 cup (4 tablespoon) organic milk of choice
- 1 teaspoon bicarbonate of soda (baking soda)
- 1/2 teaspoon natural vanilla seeds (optional)
- Pinch fine sea salt
- 1 3/4 cups (245g) wholegrain spelt flour
- 1/2 cup (75g) roughly chopped walnuts or pecans (optional)
- 1/2 cup (75g) raisins (optional)

Directions

Line a loaf tray with baking paper, or grease well. Heat the oven to 165°C/325°F/gas 3. Gently heat the coconut oil in the microwave at a low-medium heat until just melted. Transfer to a large bowl, then add the honey and whisk together until well combined.

Add the eggs and whisk for a few seconds, then whisk in the banana and milk, then the bicarbonate of soda, vanilla and salt until combined.

Fold in the flour with a large metal spoon until just combined. Finally stir in the nuts and raisins (if using).

Spoon the mixture into the loaf tin and bake for 50-55 minutes until golden brown on top and a skewer inserted into the centre of the cake comes out clean. If its brown too much during cooking, cover with foil.

Leave to cool in the tin for 10 minutes before removing and transferring to a wire rake to cool.



Session 4 - compare with a takeaway

Homemade Burgers

Ingredients:

For the burger

- 540g/1lb 3oz minced beef chuck steak
- 25g/1oz chopped coriander
- 1 onion, chopped
- 1 tbsp Dijon mustard
- 1 free-range egg yolk
- 1 tbsp olive oil
- salt and freshly ground black pepper

To serve

- 4 slices mature Cheddar
- 4 tbsp mayonnaise
- ½ iceberg lettuce, shredded
- 4 ciabatta rolls
- 1 red onion, sliced
- 1 beef tomato, sliced

Directions:

Place all the burger ingredients in a mixing bowl and stir to combine. Using your hands, shape into four equal-sized patties.

Preheat the grill to hot. Cook the burgers under the grill for 15 minutes, or until cooked through, turning once.

Top each burger with a slice of cheese towards the end of the cooking time.

Before serving, mix together the mayonnaise and lettuce. Cut the ciabatta rolls in half and toast under the grill on both sides.

Top the bottom halves of the ciabatta rolls with the lettuce and mayonnaise, followed by a slice of tomato.

Arrange the burger and cheese on top of the ciabatta, followed by a slice of red onion. Top each burger with the other halves of the ciabatta rolls and serve.



Homemade potato wedges/sweet potato wedges

Ingredients:

- 4 large baking potatoes, unpeeled/sweet potatoes
- 4 tablespoons good olive oil
- 1 1/2 teaspoons kosher salt
- 3/4 teaspoon freshly ground black pepper
- 1 teaspoon minced fresh garlic
- 1 teaspoon minced fresh rosemary leaves
- Preheat the oven to 400 degrees F.

Directions

Scrub the potatoes, cut them in half lengthwise, then cut each half in thirds lengthwise. You'll have 6 long wedges from each potato.

Place the potatoes on a sheet pan with the olive oil, salt, pepper, garlic, and rosemary. With clean hands, toss all the ingredients together, making sure the potatoes are covered with oil. Spread the potatoes in a single layer with 1 cut-side down.

Bake the potatoes for 30 to 35 minutes, turning to the other cut side after 20 minutes. Bake until they are lightly browned, crisp outside, and tender inside. Sprinkle with salt and serve. (Sweet potatoes will be quicker to cook 20 min in total)

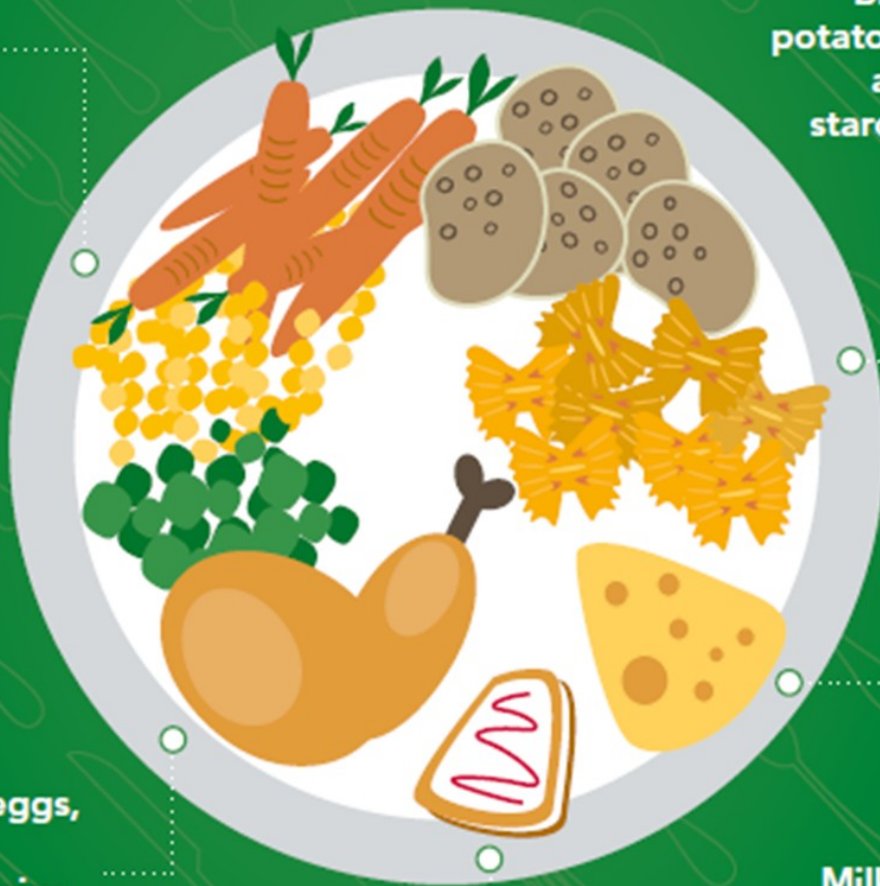


Food Planning

The plate below illustrates the different types of food groups that make up our diet, and shows the proportions of each food group we should eat in order to have a well balanced and healthy diet. It is not essential to achieve the balance shown at every meal, or even every day, although this could be a sensible approach. The balance could be achieved over a longer period, such as a week.

Fruit and vegetables

Bread, rice potatoes, pasta and other starchy foods



Meat, fish, eggs, beans and other non-dairy sources of protein

Milk and dairy foods

Foods and drinks high in fat and/or sugar

The best laid plans always pay off

Here are some tips to help plan shopping and cooking.

Shopping

- Avoid shopping when hungry or you will tend to buy more food on impulse
- Plan your meals for the week ahead – see meal planner in this pack
- Check your cupboards then make a shopping list and stick to it so that you only buy what you need
- Shop near closing times and grab yourself a bargain as food prices are often slashed
- Buy local fruit and vegetables in season, they can be better quality, more flavoursome and cheaper
- Choose value brands especially for pastas, rice and tinned fruit and vegetables
- Stock up on frozen vegetables; these are just as good as fresh and can be used to bulk up stews, casseroles and soups
- Check and compare prices between multi-packs and single items
- Compare prices per weight using information on the shelf labels.

Cooking

- Cook your own meals instead of buying ready meals
- Bulk up meals with beans, lentils and peas. These are great fibre providers, a good source of protein and a cheaper alternative to meat
- Freeze leftovers as they can be used for lunch or dinner on another day
- Bulk cook, divide up and freeze for individual meals if you are cooking for one.

Cook - it!

This is a six week practical 'hands on' nutrition education programme delivered in the community by trained facilitators.

Budgeting Planner Practical Tool

Use this simple budgeting planner to track how much money you have coming in and what you are spending your money on.

| | Money In | Money Out | Balance |
|----------------|----------------------|-----------|---------|
| Week Beginning | <input type="text"/> | | |
| Monday | <input type="text"/> | | |
| Tuesday | <input type="text"/> | | |
| Wednesday | <input type="text"/> | | |
| Thursday | <input type="text"/> | | |
| Friday | <input type="text"/> | | |
| Saturday | <input type="text"/> | | |
| Sunday | <input type="text"/> | | |
| Total | | | |

Additional tools are available from: www.consumercouncil.org.uk and search for Home Budget Planner
www.moneyadvice.service.org.uk/en/tools/budget-planner

INVITATION
**KILKEEL GETS ACTIVE YOUTH SUMMER
PROGRAMME
CELEBRATION EVENING**



Following the completion of the two week summer programme all young people along with parents, siblings and wider family are invited to join us for a graduation evening in November 2016.

During the celebration evening we will welcome all our young people to graduate from the programme and receive their OCN Level 1 Award in Healthy Living for the individual.

You will be sent a letter shortly confirming the date, time and venue. We hope that you can join us! Light refreshments will be provided.

Contact us:

Alison Slater at SPACE, Newry

Telephone: 028 3083 5764

Email: allison@space-ni.com

Family Support Services in the Kilkeel Area

| Organisation | Contact Details | |
|---|--------------------|---|
| SPACE | Tel: 028 3083 5764 | Web: www.space-ni.com |
| Homestart | Tel: 028 3026 6139 | Web: www.home-start.org.uk |
| Wade Training | Tel: 028 3083 3432 | |
| Homecare Independent Living | Tel: 028 3751 1333 | Web: www.hcil.com |
| Alzheimer's Society | Tel: 07718322722 | Web: www.alzheimers.org.uk |
| Youth Action | Tel: 028 3025 6040 | Web: www.youthaction.org |
| Rural Support | Tel: 028 8676 0040 | Web: www.ruralsupport.org.uk |
| Family Support NI | Tel: 028 9536 1004 | Web: www.familysupportni.gov.uk |
| Citizen's Advice | Tel: 028 3026 2934 | Web: www.newrycab.co.uk |
| Child and Adolescent Mental Health Services (CAMHS) | Tel: 028 3083 5400 | Web: www.younghealthymindsni.co.uk |
| Kilkeel SureStart | Tel: 028 4176 4718 | Web: www.kilkeelsurestart.com |
| ASCERT | Tel: 028 9260 4422 | Web: www.ascert.biz |
| Contact a Family NI | Tel: 028 9262 7552 | Web: www.cafamily.org |
| Dunlewey | Tel: 07841339910 | Web: www.dunlewey.net |
| Improving Benefit Uptake | Tel: 028 9013 8896 | Web: www.communities-ni.gov.uk |
| Volunteer Now | Tel: 028 3026 2037 | Web: www.volunteernow.co.uk |
| Clanrye Group | Tel: 028 3089 8119 | Web: www.clanryegroup.com |
| Simon Community | Tel: 028 3026 6044 | Web: www.simoncommunity.org |
| St Vincent De Paul | Tel: 028 4372 4008 | Web: www.svp.org.uk |
| MSS Society | Tel: 028 3083 5657 | Web: www.mssociety.org.uk |
| Women's Aid | Tel: 028 3025 8700 | Web: www.womensaidni.org |
| NI Housing Executive | Tel: 028 3831 0818 | Web: www.nihe.gov.uk |
| Bryson Energy | Tel: 028 9045 5008 | Web: www.brysonenergy.org |
| Fisherman's Mission | Tel: 028 4176 9000 | Web: www.fishermansmission.org |
| Christian Against Poverty | Tel: 07443586701 | Web: www.capuk.org |
| Cedar Foundation | Tel: 07791332151 | Web: www.cedar-foundation.org |
| Princes Trust | Tel: 07841199691 | Web: www.princes-trust.org.uk |
| PIPS Newry and Mourne | Tel: 028 3026 6195 | Web: www.pipsnewryandmourne.org |
| SENAC | Tel: 028 9070 5654 | Web: www.senac.co.uk |