



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!

Our tutors continue to deliver 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 tutors who are committed to delivering programmes within 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!



Food Values Programme

Shop Smart. Spend Less. Eat Well

FOOD VALUES is a short food budgeting programme that aims to make healthier food choices more accessible within a limited budget. **Food Values** is a programme for anyone who buys and prepares their own food each week. The programme includes practical activities as well as hands-on cooking and tasting. There are 4 sessions in Food Values lasting 2 hours each: *Taking Care of the Pennies, Preparing to Shop, The Cost of Convenience* and *Be a Savvy Shopper*.

Food Values is delivered by tutors who are recruited from community and voluntary organisations and trained by the SHSCT Public Health Dietitians. Quote from previous programme participants.....

".....I find I spend less on groceries, after the initial 1st week where I went through my cupboards, but I've money from one week to next now & can manage my money better now because of it. I compare brands which makes my shopping a lot cheaper."



Recent FOOD VALUES Tutor Training

Food Values training was delivered to 15 new tutors in October 2023. Congratulations to all of the new tutors especially those who have already started delivering their programmes. Watch out for further tutor training in 2024 or register your interest by emailing cookit@southerntrust.hscni.net

Shop, Cook and Save – New videos show how you can eat well on a budget



The Public Health Dietitians Group (PHDG) has launched a new video series on its YouTube channel 'Public Health Dietitians' showing how you can eat well on a budget.

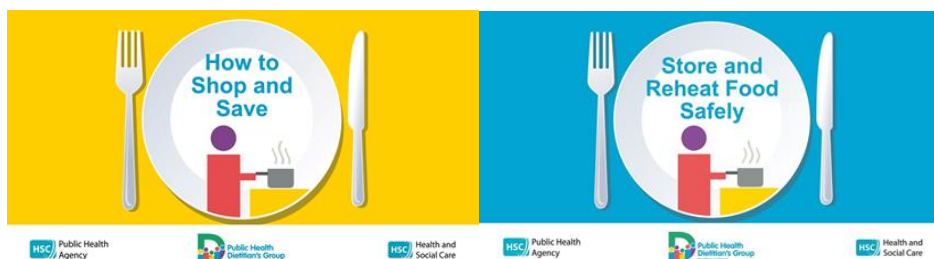
With the current cost of living crisis putting pressure on many households in Northern Ireland, the 'Shop, Cook and Save' series aims to show how you can make healthier choices and save money by batch cooking, saving on your weekly shop, easy cooking for one, and storing and reheating food safely.

Food is an expensive bill for most people, now more than ever before. We know many people may turn to takeaways and ready meals in an attempt to save money, however that is not usually the best option and there are lots of ways you can make healthier choices without any added expense such as batch cooking your meals or storing and reusing leftovers.

Whether you are cooking for a big family or cooking for yourself, this series offers useful tips to make the most out of your meals and save money. You can also access free healthy recipe videos and nutrition webinars on the channel if you're looking for some more inspiration to make healthy, tasty meals that are perfect for the whole family to enjoy.

The new series is available now on the 'Public Health Dietitians' YouTube channel which is free and available to access at any time. Subscribe on YouTube at:

www.pha.site/public-health-dietitians-youtube





Are air fryers a healthier and cheaper way to cook?

An air-fryer uses rapid hot air technology to cook food faster. With no preheating required, it appears to offer a simple cooking solution to suit increasingly busy and demanding lifestyles. Although the appliances have been available for over a decade, the recent rise in energy bills and cost of living has ignited a surge of interest in air-fryers and has made them one of the most desirable kitchen appliances to purchase. However, there is often a battle for space on our kitchen work-top, so the questions are... ***Is the air-fryer really as cost effective as we are being led to believe? Is it a healthier alternative to other cooking methods?*** How "healthy" the air-fryer is will largely depend on what you decide to cook in it and what the alternative is. Below are some things to bear in mind.....

- Less healthy options are not made 'more healthy' by an air-fryer. Processed foods and foods high in fat, sugar or salt like chips, sausages, bacon or chicken products are still not recommended as everyday foods, even if you use an air fryer to cook them
- Air frying is a healthier choice than deep fat frying but the food/meal itself may still be high in fat and calories overall
- The air-fryer can be used for reheating left-overs but if looking to make savings on your energy bill, a microwave could actually be the more cost effective and quicker cooking method to use
- Depending on its size, an air fryer may not be the best option for cooking for larger families or batch cooking
- Even if you purchase a larger air-fryer, you might need to use it in combination with the hob or microwave to cook for an entire family.
- Larger air-fryers have higher energy costs to run, leaving very little difference in the possible energy saving costs.

Overall, you need to take into account the upfront price to purchase an air-fryer, the energy cost to run it and the amount and type of food you want to cook for your household. It is **not** an essential appliance to help you cook healthy meals.

RECIPE CORNER

Leftover Christmas Pie

Serves: 6

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients

- 500g cooked meat (e.g. turkey, chicken, gammon)
- 225g puff pastry bought pre-prepared*
- 1 x 400g tin mushroom soup
- 145g frozen peas, defrosted (or leftover mixed vegetables e.g. carrots, broccoli, Brussel sprouts)
- 2 medium onions
- 2 tablespoons lemon juice
- 1 tablespoon milk, to glaze the pastry

Method

1. Preheat oven to 200°C/400°F/Gas Mark 6
2. Mix the meat, soup, vegetables, lemon juice, onions together and add to a casserole dish
3. Add a little low-fat milk if there is not enough sauce
4. Roll out the pastry to about 1/2cm thickness and cover the casserole dish
5. Glaze the pastry with milk
6. Bake in the oven for 25 minutes
7. Serve hot

* For a healthier alternative use up leftover mashed potato or breadcrumbs for the topping instead of pastry and serve with extra vegetables



Innovative restructuring of Community Nutrition Education Programme TUTOR training has taken place over the last year...

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FACILITATOR TRAINING COURSES



What is it? NEW training which aims to equip participants with the knowledge and confidence to deliver evidence based, key nutrition and food safety messages.

Who is it for? Similar to previous nutrition education training, this is open to people working within community, voluntary and statutory organisations, workplaces or others who target individuals, groups and families living on a budget.

Why? This new more accessible method of training will cater for those who want to know the essentials of food and health. It will also become the first step for those who want to be able to deliver other nutrition education programmes such as Food Values & Making the Most of your Slow Cooker & Cook it!

Recent Training

Food & Health Essentials training was delivered online to 15 participants in September 2023 and a further 12 participants in-person in October 2023.

Watch out for further training dates in 2024 or register your interest by emailing cookit@southerntrust.hscni.net



Annual Nutrition Update
for ALL previously trained tutors

Wednesday 13th March 2024
Online via zoom
(Time & Programme TBC)

To register your attendance and receive the link to join please contact:
cookit@southerntrust.hscni.net



Merry
Christmas

From SHSCT Public Health Dietitians

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

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HSC Southern Health and Social Care Trust
Quality Care - for you, with you

HSC Public Health Agency

Cook it!
fun, fast food for less