

Healthy Cooking on a Budget

Network Meeting for Practitioners Friday 13th March
- Follow Up



Skerton Community Centre: From Fork to Jar

Presenter: Ali McKenzie
Skerton Community Centre's Youth Group
Grow fruit and use the berries to make
smoothies and Jam which they sell to the
Autumn club and raise funds.
skertoncc@aol.com
www.skertoncommunitycentre.co.uk

LESS: Accessing Local Food

Presenter: Anna Clayton
Anna introduced the Local Food directory:
01524 66100
admin@lessuk.org
www.lessuk.org

YMCA Y:Weight Programme

Presenter: Colin Bell, North Lancs Y:Weight
Coordinator
Y:Weight Programme is a free weight
management programme to help people
learn how to lose weight and keep it off.
Colin fun a fats and sugar's quiz at the
session.
Colin.Bell@fyldecoastymca.org

Firbank children's Centre: Potion Sizes and using play to engage children from an early age

Presenter: Janet Monahan
Janet showed us how she gets people to
think about Portions and talked about. The
importance of portion sizes. She also talked
about the using play to engage children in
healthy eating at an early stage explaining
how you can involve them in shopping
preparing and eating healthy food. (See
Love Food Hate Waste website for portions
info)
janet.monahan@lancashire.gov.uk

Foodwise Training: using the "healthy plate" as a Participatory Tool

Presenter: Kay Johnson
This tool can be used in lots of ways and for
all ages. You can identify which foods go in
which food group and then go on to design-
ing your own healthy plates.
www.foodwisetraining.co.uk

Introducing spices

Presenter: Yak Patel
Yak talked about the fund of getting people to
see and smell spices that may be very
unfamiliar to them in cooking. He recommends
Onion Bhajis as a good an introduction to
cooking with spices – they are very cheap to
make and everyone loves them.
yakpatel@lancastercvs.org.uk

Skelmersdale Community food Initiative

Presenter: Emma Ross
Emma talked about the Wellbeing Hub they run
which offers individuals an initial screening and
a range of options focusing on cookery and
healthy eating, wellness and mindfulness.
They are currently piloting a successful spice
workshop. www.scfi.org.uk

Soup Dragon: Cooking Soup in Bulk

Presenter: Alison Cox
Soup is a quick, hot meal that offers plenty of
health benefits. Soup Dragon passed on tips
for cooking soup in bulk, bulk buying and
storing food correctly to prevent waste.
www.facebook.com/LancasterSoupDragon

Kings Community Church- cooking together to gain confidence

Presenters: Nicky Harris & Connie Connolly
Kings Community Church run cook and eat sessions and many of the people who attend have experienced poor confidence, isolation and anxiety – they have found their sessions build friendship and confidence and after that people are more motivated to look after their health.

info@kcc.org.uk 01524 388490

Cook-Books

Skerton Community Centre have produced their own recipe book with support from LESS – copies available from Ali Mckenzie at Skerton.

Hubert Place Cook-Book. Joanne Mcmillan from Home Group (who was unable to attend the event on Friday) have produced a Cook-book with their young people. All recipes under £4.00. Contact: janeattield@lancastercvs.org.uk

Resources

NHS Livewell: www.nhs.uk/Livewell

This site includes information on the top sources of sugar in our diet

Change for Life

www.nhs.uk/Change4Life

A Department of Health produced website with a wide range of very user-friendly resources.

Healthy Heroes www.lhsp.org.uk

These resources are used by the Children's Centres. This is Lancashire County Council copyrighted set of resources designed for use in schools. Resources are available to purchase.

Caroline Walker Trust

www.cwt.org.uk

Recommended by both Janet Monahan and Kay Johnson. The Trust produce expert reports which establish nutritional guidelines for vulnerable groups – including children and older people. They have a wide range of user friendly recipe guidelines for various age ranges and dietary needs with life sized full colour pictures of plated meals with recipes.

The Healthy Plate:

Kay advised googling healthy plate images and you can print of your own.

www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx. Food a Fact of Life: The British Nutrition association:

www.foodfactoflife.org.uk/ Offers resources for young people including and interactive on-line make your own health plate.

Love Food Hate Waste

Recommended by Alison Cox this site includes advice on planning portions; weekly meal plans; shopping lists and store cupboards.

www.lovefoodhatewaste.com/

Jamie Oliver's BTEC accredited programme

Recommended by Yak Patel who used it with his youth groups.

Short Vimeo Clips of all the presentations are available from
www.lancastercvs.org.uk
www.transitioncitylancaster.org

