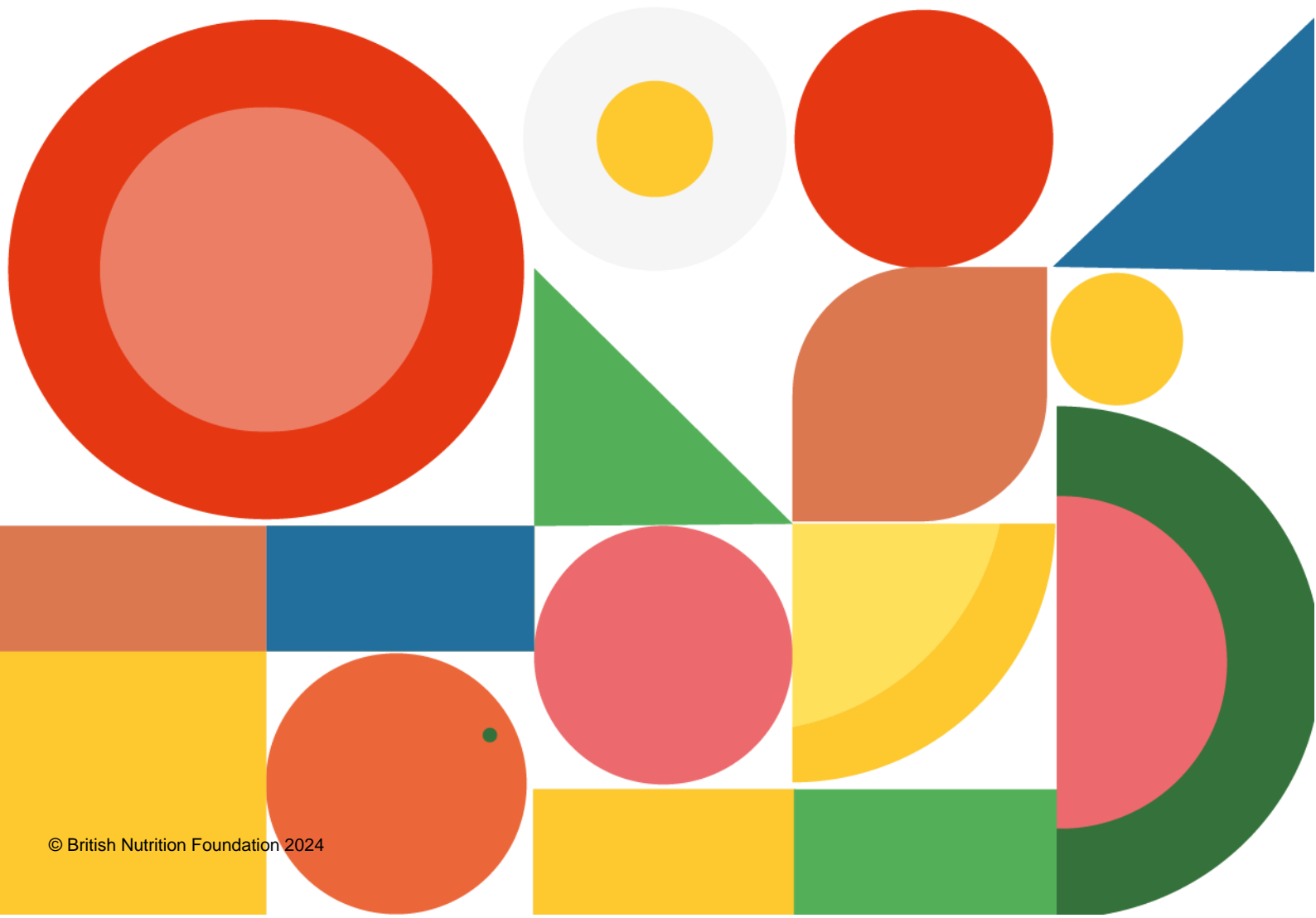


Healthy Eating and Nutrition Resource Pack- recipes and ideas to support you to live well

Let's eat healthily and live well!

Guidance document



Introduction

This document is a resource pack for Richmond borough council containing recipes and resources to support residents to put together healthy, affordable meals. This has been developed in partnership with the British Nutrition Foundation alongside their annual [Healthy Eating Week](#), which takes place this year from 10-14 June.

The resource pack be used flexibly across settings, for example, in schools, children's centres, libraries, community centres or cooking clubs. The key target audiences are families on low incomes and vulnerable older adults.

It includes recipes – a shopping list, nutritional information, equipment list- guidance notes to help deliver the information, practical tips and tricks for lower income households as well as helpful substitutions in terms of price and convenience. This resource pack also includes a communication pack that can be printed, distributed via newsletters and used on social media.

Richmond borough council and the British Nutrition Foundation will be working together after the week, to evaluate how the packs have been used and whether they've been effective.

How to use the resource pack

The aim of this pack is to inspire and engage residents with healthy eating and to help address some of the barriers they face when trying to eat a balanced diet. The key target audiences are families on low incomes and vulnerable older adults, but the pack could be used with other groups if it suits the needs of the setting and participants.

The pack is designed to be flexible for use in different situations and settings. Some suggested approaches are outlined below, and there will likely be other ways that the resources could be adapted.

Note that in settings that work with vulnerable older adults, there is additional information included on ways to adapt the advice to increase calorie and nutrient intake.

Use in settings with cooking facilities

Where cooking facilities are available, and ingredients can be provided then one or more of the recipes included in the pack could be prepared. This is a great way to bring healthy eating to life and provides many possible talking points on, for example the different ingredients, ways to save money, tips for getting children to eat well.

The ingredients and equipment list are provided for each recipe. Preparing and eating food in a group provides an opportunity for residents to try dishes that they may not have been willing or able to access due to limited budgets, facilities or time. Looking at the tips provided at the end of each recipe can support activity leaders to suggest ways the participants could adapt or reuse the recipes they've tried at home. The 'store cupboard staples' information could also be used to expand the discussion to how healthy, affordable meals could be put together.

Use in settings without cooking facilities

In settings such as libraries, meeting rooms or children's centres, with no cooking facilities the pack could also be used to support discussions with groups or individuals about healthy eating. Recipes could be used as examples to address questions or encourage discussion about healthy meals. For example:

- the **green mac and cheese** recipe could be used to show how standard meals can be adapted to make them healthier.
- The **easy veg frittata** recipe can illustrate how versatile ingredients like eggs can be used in different ways
- The **chickpea and mushroom curry** recipe is an example of how to make a vegetarian version of a favourite meal, saving money and adding plant protein and fibre.

Following discussions or group work, participants could be encouraged to take the resource pack and talk about how they might use it at home and what action they would need to take to eat more healthily.

Key supporting information

To encourage and motivate residents to use the resource packs as a tool to help them eat more healthily, the following points may be helpful:

- A healthy diet can give us all the nutrients we need to be healthy, help us have a healthier weight, help us feel well and reduce the risk of diseases like type 2 diabetes, heart disease, stroke and some types of cancer.
- Many of us eat unhealthy diets, and diet-related disease is a big cause of ill health.
- Healthy eating is especially important for children, as they are growing and developing. Healthy habits started in childhood can stay with us into later life.
- It's also important to eat well as we get older to help us stay healthy, feel well and maintain our independence.
- Healthy eating can feel difficult and expensive – there are ways that you can put together healthy, inexpensive meals.
- Planning what you are going to buy and eat in the next few days or the next week can help you eat more healthily.
- Keeping a stock of healthy store cupboard foods such as pasta, rice, canned tomatoes, canned beans or frozen vegetables can help you put together quick and healthy meals.

For more information and support about healthy eating go to the [Richmond Council website](#) and the British Nutrition Foundation website www.nutrition.org.uk

Green mac and cheese

Serves 3-4

About



This take on the family favourite, macaroni cheese, includes a selection of green vegetables and provides one of your 5 A DAY per portion. The milk and cheese included will also provide important nutrients such as protein, vitamin B12, calcium and iodine. This could be a great recipe for getting children to eat more vegetables or a simple one pot dish which does everything and is tasty too! You could serve this with salad to get up to 2 of your 5 A DAY in one meal!

Ingredients

- 200g macaroni or another type of pasta
- 200g fresh or frozen broccoli florets
- 25g butter or reduced fat spread
- 25g plain flour
- 275ml semi-skimmed milk
- ½ x 5ml mustard*
- 50g spinach, chopped (fresh, or defrosted and excess water squeezed out)
- 75g peas (fresh or frozen)
- 100g reduced fat cheese.
- Black pepper
- 100g breadcrumbs (optional)

Equipment

- Two saucepans,
- Colander
- Measuring jug
- Mixing spoon
- Grater
- Chopping board or plate

*If you are allergic to mustard, use paprika or cayenne pepper as an alternative

Method

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 – 12 minutes or follow the instructions on pack. About 5 minutes before the pasta is cooked, add the broccoli florets to the pan. Once cooked, drain and place in an oven proof dish.
2. While the pasta is cooking, make the sauce:
3. place the fat, flour, and milk into a saucepan.
4. bring the sauce to a simmer, whisking all the time until it has thickened.
5. Once the sauce is thick, mix in the spinach, peas, and mustard. Turn down the heat and simmer for approximately 5 minutes. If the sauce becomes too thick, add a little more milk.
6. Grate the cheese and add three quarters to the sauce and stir well. The heat of the sauce will melt the cheese.
7. Pour the mixture over the pasta and broccoli. Season with black pepper and mix well.
8. Sprinkle over the remaining cheese and the breadcrumbs, if using.
9. Place under a hot grill until the cheese is bubbling and the breadcrumbs are golden brown.

Top tips

- Vegetables like spinach and broccoli used in this recipe can be fresh, frozen, canned, or dried. This all contribute to the 5 a day of fruit and vegetables. This also helps with storage as frozen or canned vegetables last longer.
- Use wholewheat pasta to give your mac and cheese a fibre boost.
- Get at least 5 A DAY – try cauliflower instead of broccoli or add a large handful of frozen sweetcorn. Make ribbons of courgette with a peeler and add to the sauce with the cheese.
- Vary your protein – add canned tuna (in spring water), cooked chicken or chopped ham.
- Reduce food waste – save any leftovers for a quick and easy lunch!

Easy Veg Frittatas

Makes 6 mini frittatas.

About



Eggs are high in protein and provide lots of vitamins and minerals including B vitamins, vitamins A and D, iodine and selenium. These easy veg frittatas could be part of a light lunch or dinner, served with wholemeal bread or baked potatoes and some salad or vegetables on the side. You could also try them for breakfast!

Ingredients

- 2 spring onions
- 50g cheese, e.g. Cheddar, Cheshire
- Fresh coriander or chives
- 3 eggs
- 80g sweetcorn (canned or frozen)
- 40ml milk
- Black pepper
- Spray oil

Equipment

- Chopping board
- Knife
- Grater
- Mixing bowl
- Fork
- Measuring jug
- Silicone muffin cases or non-stick muffin tin
- Oven gloves

Method

1. Pre-heat oven to 200°C or gas mark 6.
2. Prepare the ingredients:
 - a. top, tail and slice the spring onions.
 - b. grate the cheese.
3. Chop the fresh herbs.
4. Crack the eggs into a bowl and whisk with a fork.
5. Add the milk to the bowl and mix well.
6. Stir in the cheese, fresh herbs and black pepper.
7. Spray the muffin cases or muffin tin lightly with oil.
8. Divide the vegetables equally between the 6 cases.
9. Pour over the egg, milk and cheese mixture.
10. Bake in the oven for 15-20 minutes, until the egg is cooked.

Top tips

- Vegetables like spinach, peas and broccoli could be used in this recipe and can be fresh, frozen or canned. Frozen or canned vegetables last longer and are usually cheaper than fresh and are still a nutritious choice.
- You could also add chopped red, yellow or green peppers, sliced mushrooms, fresh spinach (wilted first) or chopped beetroot.
- Whole cheese is often cheaper than grated. Grating cheese is a great activity to get kids or grandkids involved in and you can freeze cheese till its expiration date with no change in taste or texture.
- Reduce food waste – use all of the spring onion, not just the white part. Save the coriander stems (stand in cold water in the fridge) and use in soups, dips and stews.

Mushroom and chickpea curry

Serves 2



Ingredients

- 1 onion
- 1 clove garlic
- 100g mushrooms
- 2 x 15ml spoons (2 tablespoons) curry paste
- 2 x 15ml spoons (2 tablespoons) tomato puree
- 200g canned chickpeas (rinsed and drained)
- 1 can coconut milk
- 1 x 15ml spoon (1 tablespoon) oil

Equipment

- Chopping board
- Sharp knife
- Weighing scales
- Saucepan,
- Garlic press
- Wooden spoon
- Measuring jug
- Measuring spoons
- Colander
- Can opener

Method

1. Prepare the ingredients:
 - a. peel and chop the onion.
 - b. slice the mushrooms.
 - c. peel and crush the garlic using a garlic press.
2. Heat the oil in a saucepan and fry the onion, garlic and mushrooms for 5 minutes.
3. Stir in the curry paste and tomato puree.
4. Add the chickpeas and coconut milk.
5. Simmer gently for 20 minutes.
6. Serve with rice and/or naan bread.

Top tips

- Add more vegetables like spinach to make this recipe more robust and stretch for more people. Vegetables can be canned, frozen or fresh as they still count as one of your five a day.
- Focus on fibre – serve with brown rice for a fibre boost.
- Get at least 5 A DAY – add more vegetables such as chopped green, red or yellow peppers, grated courgettes, tomatoes or butternut squash.
- Vary your protein – use a can of lentils in water, instead of chickpeas.
- Reduce food waste – freeze leftover curry paste. You could do this in any spare Tupperware, container or freezer bag. Store cupboard staples

Store cupboard staples

Our lives are often busy and stressful. It can be hard to keep track of what we have in our cupboards to put together healthy and affordable meals. Keeping stocked up on some store cupboard staples is a great way to make this easier. If you have health issues you might not feel like going out some days and having a well-stocked store cupboard means there is always something tasty and nutritious to eat.

If you have a freezer then frozen foods are also a great way to save money, avoid waste and create quick, healthy meals. Below are some examples that you could keep on your shopping list.

Starchy foods

These can form the base of meals. Try wholegrain/brown types for extra fibre. You could have them with some tinned fish, frozen vegetables, make a quick tomato sauce from canned tomatoes or use a ready-made version.

- Pasta – e.g. spaghetti or shapes such as penne
- Rice
- Couscous
- Bulgur wheat
- Porridge oats
- Breakfast cereal

Canned or dried vegetables and pulses

- Canned tomatoes, tomato paste or passata.
- Canned sweetcorn, peas or carrots
- Canned beans, e.g. kidney beans, borlotti beans, butter beans
- Canned chickpeas
- Baked beans
- Dried lentils
- Canned or dried fruit

Canned fish

- Canned tuna, salmon or mackerel
- Canned sardines in sauce

Other store cupboard items

- Canned soup
- Long life milk/dried milk powder
- Malt/fruit loaf
- Crackers/crispbreads
- Peanut butter
- Long life fruit juice
- Drinking choc/malted milk drink (Horlicks etc)

Frozen foods

- Frozen vegetables e.g. peas, sweetcorn, spinach, green beans, mixed vegetables (add to dishes or use for a quick soup)
- Frozen fish fillets or prawns (use in curries or stir fries)
- Frozen mashed potatoes (great for a quick fish pie or cottage pie topping)

Herbs and Spices

Great for adding flavour and using less salt. You don't need all of these - choose 3-4 of your favourites or you could try a spice/herb mix or paste.

- Black pepper
 - Cumin
 - Coriander
 - Curry powder
 - Paprika
 - Garam masala
 - Chilli powder
 - Dried oregano
 - Dried thyme
 - Dried mixed herbs
 - Jars of curry paste
 - Jars of pesto
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Communications Pack

Social Media

Facebook – Announcing project.

<Video attached>

For Healthy Eating Week, we have partnered with the British Nutrition Foundation to run a project to provide recipes, advice, and practical directions on how to live a healthy and sustainable life. This project will be running across various places across the borough including community centres, libraries, and children's centres. If you are interested and want to come along to one of these sessions, please visit <link> for a list of upcoming project days.

To find out more out the British Nutrition Foundation and how they provide evidence-based nutrition advice, visit their website at www.nutrition.org.uk

Facebook – This week, <insert place name here> will be running a project that will provide recipes, practical advice and nutritional information to anyone that comes along. We have partnered with the British Nutrition Foundation to create a resource pack that will inspire and encourage healthy eating through practical demonstrations, discussions of what challenges our residents face when eating healthy and supporting information.

Instagram

<Video attached>

- This Healthy Eating Week, <insert place name here> will be delivering a project that we have created with @nutritionorguk. We will have practical cooking demonstrations and healthy discussions on how to get a healthier diet on a budget and in our everyday busy lives.
- For our <>

Twitter

<Video attached>

- We have partnered with @nutritionorguk for a project that will share practical advice, recipes and information to help you get a healthier diet on a budget and with a busy life.
- This week, <insert place name> will be running a project from @nutritionorguk that will provide practical advice, recipes and support to help you get a healthier diet.

Newsletters

<Picture attached>

Internal

This Healthy Eating Week, Richmond upon Thames Council has partnered with the British Nutrition Foundation for the 'Healthier Eating and Nutrition Resource Pack' project. The goal of this project is to inspire and encourage residents, especially vulnerable older adults and those from lower income households, to try a healthier diet. This project will bring budget-friendly resources, advice and support in pack that can be deployed across the borough in a variety of places including schools, community centres, cooking clubs and libraries.

To learn more about the project, visit <link>

External

This Healthy Eating Week, Richmond upon Thames Council will be launching the 'Healthier Eating and Nutrition Resource Pack' project. Developed with the British Nutrition Foundation - a charity that aims to give people, educators and organisations access to reliable information on nutrition, this pack will be used to inspire and encourage residents of the borough to try a healthier diet. This project will contain practical information, recipes and supportive advice that has been tailored to help those on a budget and living busy lives. Over the next few weeks, we will be using this resource pack across a variety of places such as community centres, cooking clubs and libraries to help residents change their diet and consider healthier choices. To find out where this project will be running and to register to this project, visit <link>.

Emails

<Picture attached>

To potential project spaces

Richmond upon Thames Council will be trialling a new project that aims to give residents the tools to live a healthier life by changing their diet. Working with the British Nutrition Foundation, we have developed a resource pack titled 'The Healthier Eating and Nutrition Resource Pack'. This resource pack provides evidence-based and scientific advice from nutritionists on how to make simple decisions and changes for a healthier diet. It can be used to teach residents about healthy eating through practical demonstrations, supportive advice and helpful tips.

To sign up to use this resource, please visit <link>