

Love Local



Workshop handbook

For a greener, happier, healthier Peterborough

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1. Project background

Love Local is providing access to local food and education about how to cook it in order to change the way people shop, cook and eat in areas of Peterborough with the highest levels of obesity, deprivation and diversity.

Love Local is a Peterborough Environment City Trust (PECT) project supported by Peterborough Primary Care Trust (PCT). Peterborough is in the heart of an extremely productive agricultural region yet we are unaware of the rich local food culture that exists on our doorstep. Peterborough is the TV dinner capital of the nation and over 25% of the population is obese. The Love Local project aims to reconnect today's generation with their local food and in doing so stimulate demand for local food and support for local producers.

We have identified two key barriers to eating local food:

- Lack of knowledge and confidence to prepare and cook healthy, local produce
- Availability of affordable locally grown, fresh produce

Food education: changing the way we cook and eat...

We are providing a range of free cookery workshops and demonstrations, such as 'can't cook, won't cook' community events, mums and tots cookery classes and family cook-ups. We aim to work intensively with each community providing a series of sessions to ensure long-term change in diets.

Food access: changing the way we shop...

We will provide local produce through establishing a fruit and veg shop which is easily accessible, high quality and affordable. Demand for the service will be stimulated by intensively promoting it to make people aware of the new service. The shop is to be situated in Central Avenue Dogsthorpe. The location was chosen because of the distinct lack of availability of fresh produce in this locality. All other areas we are working in have access to a weekly veg market or a mobile veg provider.

2. Project delivery

Working closely with Children's Centres and their staff we are delivering food demonstrations and workshops. These interactive workshops have been developed with a format and approach which allows the staff to input into development and have ownership of the project. Children Centre staff are trained by PECT and PCT to deliver cookery workshops on a peer learning basis; they are not expected to provide expert advice. In addition we provide additional materials and information for the staff to support them in delivering food education.

Cookery demonstrations

The demonstrations raise awareness and educate people about how to buy and cook local, healthy food. Demonstrations involve free taster samples so people can try food; especially encouraging young people to try foods they might not otherwise eat. Free recipes and information about preparing and cooking food are given away to encourage people to try it at home.

Cookery workshops

The aim of the workshops is to embed the training for Children Centre staff, giving them the confidence and experience to deliver workshops themselves beyond the life of the project. The workshops provide residents with the knowledge and confidence to prepare and cook healthy, local produce.

Workshops are open to all but will be focused on young families. Parents will be educated about local, healthy food and portion sizes for their children, especially promoting fruit and vegetables that are typically unpopular or unfamiliar to children.

3. Children centre locations

Love Local is working with staff in the following children's centres:

- Ravensthorpe & Westwood -Highlees
- Central - Fulbridge
- Orton - Jigsaw
- Paston - Honeyhill
- Welland – Acorn
- Dogsthorpe - The drop-in



These wards map closely against Super Output Areas (SOAs) that are amongst the 20% most deprived areas in Peterborough and exhibit the greatest health inequalities. For example, Ravensthorpe has a very high recorded rate of obesity, Paston has low proportion of people eating five fruit and vegetables a day and Orton has a very high level of childhood obesity.

4. Market research: need and strategies

Love Local addresses the need for educating some of the most disadvantaged (economical and health) communities in Peterborough about the links between food and health. Peterborough has a long history as the breadbasket of the region with a thriving network of local food producers. Yet areas of the city are devoid of local fruit and veg retailers and over 25% of the population is obese in large part due to unhealthy diets. By reconnecting these communities with local food we aim to inspire them to change their shopping, cooking and eating habits, improved health and overall quality of life.

Health impacts

A lack of healthy food, especially fruit and vegetables is linked to obesity, this is a major health problem facing the UK today.¹ The Joint Strategic Needs Assessment for Peterborough highlights the health issues relating to food, “diet significantly affects health, affecting both mortality and morbidity... A poor quality diet ... can lead to the development of obesity and/or predispose individuals to a variety of serious and potentially preventable illnesses, including type 2 diabetes, cardiovascular disease and some cancers, a poorer quality of life and is a significant factor in many premature deaths.”

Furthermore, research² has shown that weight has a significant impact on health risks, a loss of 10% of body weight would result in:

- 20% fall in mortality
- 30% fall in diabetes related deaths
- 40% fall in cancer related deaths.

¹ Consumption of at least five servings of fruits and vegetables is strongly associated with lower levels of obesity - Joint Strategic Needs Assessment for Peterborough

² ‘Storing Up Problems: The medical case for a slimmer nation’ (Royal College of Physicians, 2004)

5. Guide to local and seasonal food

Why buy local?

When you become aware of the benefits of buying your food locally it makes shopping a much more rewarding and satisfying experience. There are many reasons to buy local produce which include:

- **Locally grown food tastes better.**

Food grown locally to you was probably picked within the past day or two. It's crisp, sweet and loaded with flavour. Several studies have shown that the average distance food travels from farm to plate is 1,500 miles. In a week-long (or more) delay from harvest to dinner table, sugars turn to starches, plant cells shrink, and produce loses its vitality

- **Local food preserves diversity.**

Modern farming systems choose varieties of plants for their ability to ripen simultaneously and withstand harvesting; for a tough skin that can survive packing and shipping; and for an ability to have a long shelf life in the store. Only a handful of varieties of each fruit and vegetable meet those demands, so there is little diversity in the plants grown. Local farms, in contrast, grow a huge number of varieties to provide a long season of harvest, an array of eye-catching colours, and the best flavours.

- **Cuts carbon emissions.**

When you buy locally you cut your carbon footprint. By not buying food that has racked up hundreds, sometimes thousands of air or road miles you are helping to combat climate change

- **Local food preserves open space.**

As the value of vegetables increases selling farmland for development becomes less likely. You have probably enjoyed going out into the countryside and appreciated the lush fields of crops and the meadows full of wildflowers. That landscape will survive only as long as farms are financially viable. When you buy locally grown food, you are doing something pro-active about preserving the agricultural landscape

Local food supports a clean environment and benefits wildlife.

A well-managed farm is a place where the resources of fertile soil and clean water are valued. Good farmers grow cover crops to prevent erosion and replace nutrients used by their crops. Cover crops also capture carbon emissions and help combat global warming. In addition, the patchwork of fields, meadows, woods, ponds and buildings - is the perfect environment for many species of wildlife

Local food is about the future.

By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, and that future generations will have access to nourishing, flavourful, and abundant food

Why buy seasonal?

Seasonal food is fresher, tastier and more nutritious than out-of-season food that has been force grown or flown from abroad. **Why?**

Seasonal food means better quality.

Seasonal food means seeds germinate in the soil at the right time, meaning plants are naturally stronger and more resistant to disease. This gives better quality fruit and vegetables

Seasonal food equals tasty food.

Out-of-season food may be "force grown" in artificial conditions, requiring more fertilisers. This can lead to watery, flavourless produce.

(Compare the taste of a supermarket tomato in December with a home-grown one from August...)

Ripened to perfection.

Food left to ripen on the plant will contain more nutrients and have a better flavour than food that is harvested early and ripened artificially

Nutrient rich.

It's a fact that most fruit and vegetables start to lose their flavour and nutritional value as soon as they're picked

Food how it's meant to be.

Buying local, seasonal food guarantees you shorter times from field-to-kitchen. Out-of-season food may have been picked six or more weeks before you buy it

Local and seasonal food in *your* Love Local workshop

In *your* Love Local workshop it is vitally important to buy locally produced food items that are in season. (You can find links to food calendars in the resource section of this handbook). The focus of your session is based around providing your participants firsthand experience of local and seasonal produce. This will help them to gain an understanding of local and seasonal food first hand, making the information that you provide about why using local and seasonal food is important, relevant and accessible to them.

Whilst it is not always possible to buy food grown close to Peterborough from a local farmer, shop or market it is preferable to make the effort to do this in the first instance before resorting to using supermarkets. If you find that you need to buy from a supermarket try to buy from one as close as possible to the children's centre where you will be holding the workshop and buy British produce only. Most of the supermarkets are getting better at marking out produce from the UK so look for the union jack on packaging and country of origin when you buy. Try to reject produce that is excessively packaged and purchase loose fruit and veg rather than pre-packed.

Always use recipes that are based around a seasonal calendar(see resource section of handbook), so for instance if you are making a healthy pizza use veg toppings that are in season at the time of the workshop, similarly if you are making a dessert use ripe and tasty fruit that is in season and grown locally in the UK. This way your participants will benefit from tasting really delicious food at its best.

Try to be aware of the cost of the food that you buy and look for the best value. Remember that many of your participants will have a small or limited budget for buying food and it's up to you to educate them about how much better value it can be to buy ingredients wisely and cook from scratch.

Your efforts will be repaid when your participants gain an understanding of how eating their "five-a-day" is worth much more if their five are locally produced seasonal fruit and vegetables, rather than artificially ripened produce that have travelled for weeks to reach them.

6. Nutrition basics

This section contains practical advice about making healthier and safer food choices. This information is taken from the Food Standards Agency website and the British Heart Foundation website. It is only a brief overview for the purposes of this handbook. Please refer to the resource section of the handbook to find out where you can get more detailed information.

Healthy eating/basic nutrition

Remember that to have a healthy diet, most people should be eating:

- Plenty of fruit and veg (five portions a day is the recommended amount)
- Plenty of starchy foods such as rice, bread, pasta (try to choose wholegrain varieties when you can) and potatoes
- Some protein-rich foods such as meat, fish, eggs and pulses
- Some milk and dairy foods
- Just a small amount of foods high in fat, salt and sugar

It's also important to eat a variety of foods to make sure we get all the nutrients our bodies need. (See eatwell plate in resource section of handbook)

Healthy eating on a budget

Eating a healthy and balanced diet doesn't mean you always need to buy the most expensive foods. Simply by making a few small changes to our daily lifestyles we can eat healthily, while saving money and reducing food waste at the same time.



Here are some ideas for foods that are healthy, tasty and best of all, won't break the bank!

Reach for the freezer

Keep a supply of frozen fruit and vegetables in the freezer. They tend to be cheaper than fresh fruit and vegetables but still count towards your five-a-day. Plus you can use them when you want which cuts down on wastage.

Stock up on store cupboard staples

Canned tomatoes, beans and dried pulses are cheap and count towards your five-a-day. Beans on toast make a healthy lunch, but try to choose ones with less sugar and salt. There's a whole variety of other beans and pulses to choose from too, all of which are great for adding bulk to casseroles, stews or salads.

Go seasonal

Fresh fruit and veg in season taste great and are cheaper too!

Take your own lunch

Make your own healthy packed lunch. Not only will you save pounds each week, you'll be in control of what you eat. Leftovers also make delicious, cheap and healthy alternatives to high fat and high salt microwave lunch meals.

Oats the way to go

Breakfast is an important start to the day and porridge is a great choice. It's cheap, and has no added salt or sugar. If you don't fancy hot cereal, try mixing oats with plain low fat yogurt and some grated apple and cinnamon.

Waste not want not

Keep an eye on your portion sizes and try not to cook more than you need. Measure out foods like pasta and rice before you cook rather than guessing portions. Not only good for saving money, but also better for your waist line! An idea portion size will fit into the palm of the hand of the person who the food is intended.

Pop down to the market

Fresh fruit and veg can be cheaper if you buy them from the local market rather than the supermarket. By selecting loose fresh produce, you can buy a greater variety of fruit and vegetables, and cut down on waste packaging at the same time.

Veg out

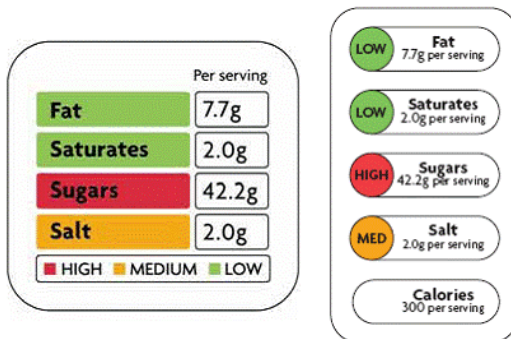
Vegetables tend to cost less than meat, so why not try adding more vegetables to your meat based meals. The meat will go further saving you money and it'll help cut down on the saturated fat too. By cutting down on meat you will also be cutting your carbon footprint.

Food labelling – reading and understanding food labels

Food labels contain so much information, it's often difficult to know what you should be looking for and what it all means. If you want to improve your diet and make healthy choices it's important to get in the habit of checking the label.

What should I look for on the label?

Most products have nutritional information on the label.



The healthiest choices are foods that are low in:

- Fat
- Saturates
- Sugars
- Salt

What else should I look for?

Salt

Most adults are eating more salt than the recommended maximum of 6g a day which relates to one teaspoon. You may see 'sodium' listed on the label rather than salt. To convert sodium into salt you need to multiply the measurement by 2.5.

Reduced and low fat are not the same thing

Low fat means a product has 3g or less fat per 100g while reduced fat means a product is 25 % lower in fat than the standard product.

Often these foods were very high in fat to start with, for example mayonnaise, crisps and cheese, so you still need to limit how much you eat as the reduced fat version is likely to still be pretty high in fat.

Watch your portion sizes

A manufacturer's idea of a portion might be smaller than yours. A product may look healthy, but even with healthier choices if you eat large portions, you may end up consuming more calories than you need.

Spot hidden sugars

Sugar is not always listed in the ingredients list as 'sugar'. Look out for the following terms; sucrose, glucose, fructose, maltose, honey, palm sugar, hydrolysed starch, syrup and invert sugar. Remember, the higher up on the ingredients list sugar is, the more added sugar is in the product.

The Food Standards Agency has a fantastic section on food labels packed full with information on the subject, you can find it at: www.eatwell.gov.uk/foodlabels/

Portion sizes

What's a healthy portion?

How do we know if we're eating too much?

As a nation, we're getting fatter and obesity is on the rise, particularly amongst children. Portion control is key to weight management as you can eat all the right foods but if you're eating too much, this will eventually lead to weight gain.

Servings and portions

There's portion size and there's serving size and although they're similar, they're not entirely the same. A serving size on a pack is guidance as to how many people a particular food might serve, e.g. 'this steak and ale pie serves three'. A single serving size in some cases equates to one portion, for example a yogurt pot. A portion is how much you should eat, e.g. 80g of fruit or vegetables is one portion and contributes to

one of your five a day. Remember, portion sizes are smaller for children and for less active adults.

Fruit and vegetables

Fruit and vegetables should be at least one third (or 33 per cent) of your diet. The recommended amount is five a day, but that's the minimum you should be eating. And with five a day, it's important to eat a variety of fruit and vegetables, and of as many different colours as possible, to ensure you are getting lots of different nutrients. For adults, one portion is equivalent to 80g fresh fruit or vegetables; for children a portion is the amount they can hold in the palm of their hand.

80g portion is:

- Three tablespoons of cooked veg or a small bowl of salad

One piece of fruit about the size of a tennis ball

- Two pieces of fruit, each about the size of an egg
- Handful of grapes

Starchy Foods

Starchy foods should form the basis of each meal. e.g.

- 75g dried pasta (about a mug full)
- 125g fresh pasta
- 75g dried rice (about one third of a mug)
- One large potato
- One third of a soup bowl of cereal

Milk and dairy products

The Dairy Council recommends three portions a day to provide you with the calcium your body requires (children need smaller portions). Choose low fat or reduced fat versions, and drink skimmed or semi-skimmed milk.

One adult portion is:

- 30g cheese (the size of a small matchbox)
- 200ml milk (a small glass)
- Small pot of yogurt (150g)

Protein

Meat, fish, eggs, beans and non-dairy protein

The Food Standards Agency (FSA) recommends we eat two portions of fish each week, one of which is oily. A portion is 140g (e.g. a salmon steak the size of a computer mouse). A meat portion is equal to 80g of raw meat (about the size of a pack of cards). The World Cancer Research Fund (WCRF) recommends no more than 500g red meat in a week.

Beans/pulses

Two to three heaped tablespoons is one portion of your five a day.

Nuts

Two tablespoons (about 30g or a small handful) is an ideal snack size, just divide the pack into portions to stop you munching on them all day.

Other useful portion sizes

- Pies and quiches: a slice no wider than your hand
- Chilled desserts: one serving spoon
- Loaf cakes: make the slices the width of a postage stamp
- Round cakes: a slice no wider than the length of your thumb
- Crisps: one small bag
- Pizza: no more than one third of a plate, (or one to two slices)

Other tips for portion control:

Take your time eating to allow your brain to register when you're full. Once full, stop eating! We often find it hard to leave food on the plate but it's actually a good habit to adopt and it can be saved to eat the next day. Lots of food can be refrigerated and re-heated the next day. Only re-heat leftovers once, and always ensure food is piping hot throughout. Take note of the amount you cook and try not to cook too much. If you

reduce your portion sizes too much and still feel peckish, increase the amount of salad or vegetables on your plate or have a piece of fruit instead of dessert.

Don't use big plates as you may end up putting more on them. Give children their own smaller plates and always serve them small portions. When eating out, don't feel pressured into finishing everything, as you can always ask for a doggy bag.

Lifestyle related disease/illness

There are many lifestyle related diseases that a poor diet can contribute to, these can include:

- Heart disease
- Obesity
- Diabetes
- Asthma
- Cancer
- High blood pressure

So it is important that we eat a healthy balanced diet and take regular exercise in order to decrease the risk of becoming ill.

Recommended daily amounts



How to eat a balanced diet

Guideline Daily Amounts (GDAs)

Men	2,500 calories/day
Women	2,000 calories/day
Children (aged 5-10)	1,800 calories/day



Downloadable jpeg can be found in the resource section of this handbook
 'The eatwell plate encourages you to choose different foods from the main food groups everyday to help ensure you obtain the wide range of nutrients your body needs to remain healthy and function properly.' (Food Standards Agency).

Broadly speaking your daily diet should consist of:

- 33 % fruit and vegetables
- 33 % starchy foods (potatoes, pasta, bread, cereals, rice)
 Pick the wholegrain versions whenever possible as they will provide much of the daily fibre intake you require, as well as providing more nutrients than the processed versions
- 15 % milk and dairy products (important sources of calcium)
- 12 % meat, fish, eggs, beans and other non-dairy protein sources
- That leaves 8 % for treats, i.e. food and drinks that are high in fat and/or sugar

7. Food hygiene

This section is not intended to replace a valid food hygiene certificate. If you are facilitating a Love Local workshop you will need to have a valid certificate. It is a legal requirement that you take a refresher course every three years. If you have any concerns about the validity of your food hygiene certificate please talk to your supervisor or line manager to make sure that you have an up to date correct certification.

Please ensure:

- That all food items purchased for your workshop are transported, stored and kept in accordance with food hygiene recommendations (see page 21 of handbook for details of correct temperatures)
- Make sure that all equipment is clean and in good working order.
- Make sure all work surfaces are cleaned and sanitised before food preparation commences
- Wash all vegetables
- That all of your participants, adults and children have washed their hands thoroughly with soap and water before the workshop begins, if necessary ask them to use hand wash gel

Some notes on basic food hygiene

Most food poisoning cases occur from harmful bacteria in the foods we eat. To understand how to control bacteria we must first understand what bacteria require for growth or to multiply.

Bacteria are asexual and multiply by a process called 'binary division'. This means that under the right conditions they will split into two. For this process to take place they require:

- Moisture
- Food
- Warmth: 37°C (98.6°F) which is our body temperature
- Time : if all of the above is in place, bacteria will multiply every 20 minutes

Now by understanding their requirements to multiply, we can look at how to control or destroy them. Basically, if we remove one of their requirements we are on our way to control them, if we remove more than one we are on our way to destroying them. Lets look at this in a little more detail . . .

The most important of the bacteria requirements is the warmth or temperature they require. If we control our temperatures in the kitchen we can control the bacteria growth or destroy them.

Controlling bacteria in food – temperatures

-18°C (0° F):

This is the temperature that freezers should be running at. Freezing **does not** destroy bacteria. In a freezer bacteria are merely in a state of hibernation. They will not multiply, but nor will they die

0°C to 4°C (32° to 39°F):

The temperature that refrigerators/chillers should be running at. Chilling food does not destroy bacteria. In a chiller bacteria merely slow down their rate of reproduction to a virtual stop, they will however continue to multiply, all be it very slowly

65°C (149°F):

Most bacteria will start to die at this temperature

75°C (158°F):

The internal temperature of foods should reach this to ensure any bacteria has been destroyed. To achieve this solid foods such as roast meats and steaks need to be thoroughly cooked until the juices run clear (no signs of blood). Liquid style foods such as sauces, soups and stews etc should be brought to a boil (while stirring) and simmered for a minimum of three minutes

NEVER reheat foods more than once or the bacteria in the food will not only multiply as the food is cooled down and stored, but they will also become heat resistant.

The danger zone

This is the temperature zone at which bacteria will multiply: 5°C to 65°C (32°F to 149°F). When food is held within this zone, bacteria will multiply and could end up being a problem and cause food poisoning.

Defrosting foods

Defrost foods in a sealed covered container, slowly in the refrigerator, DO NOT leave food defrosting on the kitchen bench overnight.

Storing foods in the refrigerator

- Store all raw meats below cooked foods (preferably on the bottom shelf)
- Store all raw meats in sealed containers (both of these points will prevent any blood dripping onto foods below)
- Store all raw meats and fish separately; do not mix poultry and beef for example in the same container
- Keep all fruit and vegetables, dairy products and foods that require no further cooking away from all raw meats and fish
- Thoroughly clean your refrigerator as needed (at least once a week)

Controlling bacteria on work surfaces (benches, knives etc)

- Dirty tea towels can spread bacteria so make sure that you use a clean tea towel for drying up
- Application of heat is the best method to control and destroy bacteria the however the following points must be considered:
 - Temperatures in excess of 70°C must be used; however above 80°C is preferred and will be safer
 - Washing, disinfecting and sanitising with hot water is far more effective and quicker than using chemicals (and cheaper!)

Using chemical agents

There are many commercial and retail chemicals available to banish bacteria from your work surfaces. They all no doubt do what they claim they will, but using water at

the correct temperature will do the job not only better, but also quicker and cheaper.

Common chemicals used for cleaning are:

- Detergents: unless they have an anti-bacterial agent are used to remove grease and dirt, by forming an emulsion between them and the water. (Use for washing up)
- Disinfectants: used to reduce the levels of bacteria to a safe level. (Use on floors)
- Sanitizers: will eliminate most bacteria. (Use for work surfaces)

When using chemicals remember to use only as per the manufacturer's instructions.

Washing your hands

Frequent hand washing is an important step in eliminating food poisoning cases.

Hands should be washed in as hot as water as the hands can stand, with soap and a nail brush. They should be dried with paper towels, roller towels or hot air blower. (Not a tea towel).

When should you wash your hands?

- After touching your hair
- After touching any part of your face
- After blowing your nose
- After visiting the bathroom
- After handling raw meats and fish
- After handling chemicals (cleaning agents etc)
- After handling rubbish
- In between changing tasks: between handling raw meats and cutting cooked meats, between handling raw fish and cutting fruits and veg etc. All equipment for these tasks should also be thoroughly cleaned

Controlling cross contamination

Cross contamination: "The contamination of safe foods from unsafe foods via a vehicle". By following all of the above you should eliminate the possibility of contaminating your nice fresh, clean foods with bacteria from unsafe foods and minimise chances of getting food poisoning.

8. Workshops

Outline for a Love Local workshop

This is a generic outline for a Love Local workshop.



Staff need to be fully briefed by the workshop leader prior to the workshop taking place. A Love Local workshop checklist and disclaimer is available for download from the Love Local website:

(<http://www.pect.org.uk/lovelocal>).

Workshops can take between 2-3 hours dependant upon the needs of the centre where the workshop is to take place. Sufficient time should be allowed setting up before members of the public arrive and for cleaning away after the workshop.

Food ideas should be kept simple and great consideration should be given to the recipe used. Local, seasonal food should be used wherever possible. The use of fat, sugar and salt should be minimal. A good balance of ingredients should be maintained according to nutritional guidelines. Food hygiene and health & safety regulations must be strictly adhered to.

Recipe cards for the days cooking should be supplied to the general public attending the workshop.

The Workshop

The workshop is to be divided into three sections.

Set up the working area with equipment and ingredients for the workshop to proceed. Remember to check that the centre has all the equipment that you need beforehand!

Check that the staff members you are working with are clear about their role in the workshop.

Section one:

Prepare the food as a group, this should take about an hour.

It needs to be carefully considered what and how the ingredients will be prepared. Maximum participation from the people attending is required for the workshop to succeed. This is the time to chat generally about food preparation with the participants and get them really involved. Cooking hints and tips can be shared by the group. When the food is prepared it can go to be cooked and the workshop can proceed to section two.

Section two:

Information session, this session should last for about 30 minutes while the food is cooking.

This is the time when the participants are given information/advice about:

- Why buying local is best for the environment and their health
- Why eating seasonal food is best for the environment and their health
- The Change for Life campaign
- Healthy eating/ basic nutrition
- Healthy eating on a budget
- Food labelling- reading and understanding food labels
- Portion sizes
- Lifestyle related disease/ illness- looking at the causes of an unhealthy lifestyle

All of these items cannot be included in one session so they should be divided over two to three sessions. If there is to be just one session with your particular group ask people what they want to know about and be prepared to answer their questions. If they ask you something that you are unsure about tell them and offer to find out for them and get back to them at a later date.

Section three:

Round up - this section should take about 30 minutes.

This is when you get to eat and enjoy the food that has been cooked, answer any general questions from participants and give any general advice they require. If you cannot give the advice they need at this time get their contact details so you can follow up with an answer at a later date.

Remember the workshop should be as family friendly as possible with the emphasis on peer to peer learning. The workshop should be as welcoming and informal as possible.

Now the fun bit – do the washing up 😊



9. Resources

- i. Recipes – (also can be found at www.pect.org.uk/lovelocal)

Basic Scones

Serves: 7

Preparation time : 20 minutes

Cooking time : 10 minutes to 13 minutes

Total time : 30 minutes to 33 minutes

Ingredients:

225g self-raising flour, plus extra for dusting

1 tsp baking powder

50g unsalted butter, cubed

100ml whole milk, plus extra for glazing

1 large egg

30g caster sugar

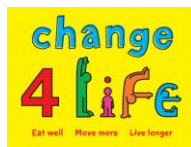


Method:

1. Preheat the oven to 220°C, gas mark 7. Lightly grease a baking sheet and dust it with a little flour. Measure the flour, baking powder and butter into a mixing bowl with a pinch of salt. Stir in the cubes of butter until they are coated with flour, then start rubbing them in with your fingertips until the mixture begins to resemble wet sand. Alternatively, if you have a food processor, you can put the flour, baking powder, butter and salt in the bowl and pulse the mixture (blitzing might overwork it) until it has reached the right consistency.
2. Next, measure out half the milk into a jug. Keep some of the milk to one side at this stage because you might not need all of it. Break the egg into the jug, then whisk it lightly with a fork. This way you can make sure that you get all the egg in, without having to use all the milk.
3. Take a blunt knife and use it to distribute the sugar through the flour and butter. Pour the milk and egg mix over and stir it in. Measure out the remaining milk

and start adding it gradually, continuing to mix until the dough comes together. It needs to be a soft dough, but not so wet that it is too sticky to pick up.

4. Lightly dust the work surface and your rolling pin with flour. Scoop the dough out onto the work surface, shape into a circle and gently roll it out until it is 2cm thick. It's advisable to use a ruler at this point. Don't be fooled into thinking that you can estimate this measurement accurately; the dough is usually a lot thinner than you think it is.
5. Tip a pile of flour out onto the work surface and dip your cutter in it to stop it sticking to the dough, then stamp out five rounds of 6cm, dipping the cutter in the flour after each one is stamped out. For perfectly even tops, do this with a sharp push rather than giving the cutter a twist. For quirky, lopsided scones which have a certain charm of their own, twist the cutter as you stamp them out.
6. Gently knead together the scraps of pastry and roll it out again - you should be able to get another two scones out of the dough by re-rolling it. Transfer the scones to the prepared baking sheet and brush the tops with milk for a glazed finish, or dust with flour for a more matt look. Bake for 13-15 minutes until golden brown and risen. You can test to see if they are cooked through by tapping them on top - if they are, they'll sound hollow.
7. Transfer the scones to a wire rack to cool. Leave them as they are to develop a crusty top, or cover them up with a tea towel and they will soften in their own steam.



Beetroot Salad

Serves 6

Preparation time : 10minutes

Cooking time : None

Total time : 10 minutes

Ingredients:

1 cooked Beetroot

2 medium sized carrot

1 apple

Handful of raisins

1 small tub of crème fraiche



Method:

1. Grate the above(raw)
2. Add handful of raisins (optional)
3. Tbsp crème fraiche (or enough combine mixture)



Blueberries with Honey, Almond & Yogurt

Serves 4

Preparation time : 10 minutes

Cooking time : 5 minutes

Total time : 15minutes



Ingredients:

4 tbsp flaked almonds

150ml Greek yogurt

2tbsp runny honey

250g blueberries

Method:

1. Toss the flaked Almond in a small dry frying pan over a medium heat until fragrant and golden brown.
(Don't leave them unattended as they catch and burn easily) Tip into a bowl to cool.
2. Mix the yogurt and honey together in a bowl and fold in the blueberries. Divide among small bowls and chill until ready to serve.
3. Scatter the toasted Almonds over the dessert and drizzle with a little more honey if you like then serve.



Boston Beef and Bean Hotpot

Serves 4

Preparation time : 20 minutes

Cooking time : 15 minutes

Total time : 35 minutes

Ingredients:

340 grams lean minced beef or vegetarian alternative

1 large chopped onion

2 tablespoons tomato puree

Pinch mixed herbs

120 grams dried pasta

2 stock cubes dissolved in half pint boiling water

1 x 400 gram tin baked beans

200 grams chopped tomatoes

Method:

1. Brown mince and onions together for 5 minutes.
2. Add all remaining ingredients.
3. Simmer until pasta is cooked



Broad Beans on Toast

Serves 4

Preparation time : 20 minutes
 Cooking time : 10
 Total time : 30 minutes

Ingredients:

500g peas in their pods (about 150g shelled weight)
 700g broad beans in their pods (about 250g shelled weight)
 Small bunch of fresh mint leaves
 Sea salt and freshly ground black pepper
 Extra virgin olive oil
 50g finely grated fresh pecorino cheese
 Juice of 1 lemon
 4 slices of wholemeal bread
 1 clove of garlic, unpeeled, cut in half



Method:

1. Boil the broad beans for 30 seconds, drain, and pop them out of their shells whilst still warm.
2. Boil the peas for 3 minutes.
3. Place the beans and peas into a bowl and add the mint, salt and pepper, olive oil, cheese and lemon juice. Blend in a food processor or by using an alternative.
4. Toast the bread and then rub the garlic clove all over it.
5. Place the bean mixture on the bread.



Butternut Squash Soup

Serves: 4

Preparation time : 15 minutes

Cooking time : 15 minutes

Total time : 30 minutes

Ingredients:

1 onion

1 clove of garlic

1 butternut squash, peeled, deseeded and cut into squares

1 tbsp olive oil

Veg stock cube dissolved in 290 ml of boiling water

2-3 tbs low-fat natural yoghurt

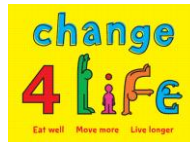
Half tsp of ground ginger

Black pepper to taste



Method:

1. Sauté sliced squash, onion and garlic for a few minutes in olive oil.
2. Add stock and ground ginger, simmer for 15 minutes.
3. Blend soup, season to taste with black pepper.
4. Serve with a spoonful of yoghurt.



Couscous Salad

Serves 4

Preparation time : 15 minutes

Cooking time : None

Total time : 15minutes

Ingredients:

150g Plain couscous

3 sticks celery sliced thinly

1 red pepper, cut into small sticks

3tbsp sweetcorn

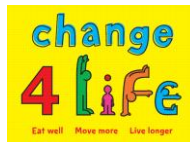
4 baby tomatoes, cut into slices

Cucumber cut into bite sized cubes



Method:

1. Make the couscous as described on the pack. (It only requires boiling water, no actual cooking required)
2. When the couscous is cool mix in the salad ingredients to make into a more substantial meal,
3. You can stir in some cooked quorn, meat such as cubed chicken, ham or cooked sausage.
4. If required a little ketchup can be stirred into the couscous. This can be kept in the fridge for up to 3 days.
5. Ideal for barbeques and also for packed lunches.



Healthy Fish & Chips

Serves 2

Preparation time : 20minutes

Cooking time : 20minutes

Total time : 45 minutes

Ingredients:

For the chips

2 medium potatoes

1 tbsp Olive oil

Sprinkling of Black pepper

For the fish:

1 fillet of sustainably caught haddock

2 slices of dried wholemeal bread – to make breadcrumbs

1 free range egg



Method:

Prepare the chips as follows:

1. Microwave potatoes for 5 minutes or until soft then allow to cool
2. Cut into wedges and place on baking tray
3. Brush lightly with the olive oil
4. Sprinkle with black pepper to taste

Prepare the fish as follows:

1. Cut the fish into nugget size strips with a pair of scissors
2. Beat the egg in a small bowl with a fork
3. Coat the fish in the beaten egg then coat in the breadcrumbs
4. Place on the baking tray

Heat grill to a medium temperature and cook for 20 minutes or until the chips are crunchy and the breadcrumbs on the fish are the colour of toast, serve with fresh seasonal vegetables

Hot Apple Cider

Serves 4

Preparation time : 10 minutes

Cooking time : 2 hours

Total time : 2 hours 10 minutes

Ingredients:

2 litres apple juice (cloudy is preferable)

2 cinnamon sticks

2 whole cloves

2 allspice berries or whole nutmeg

Half orange peel cut into strips

Half lemon peel cut into strips



Method:

1. Pour juice into a large pot
2. Place spices and peels into a cheesecloth. Drop into the apple juice
3. Heat to just short of a boil. Simmer for 2 hours
4. Remove cheesecloth
5. Serve warm in mugs or glasses, straight from the pot



New Potatoes (In watercress & walnut vinaigrette)

Serves 4

Preparation time : 15 minutes

Cooking time : 20 minutes

Total time : 35 minutes

Ingredients:

50g walnuts

1 bunch watercress

4 spring onions

400g new potatoes

3 tbsp olive oil

2tbsp walnut oil

1tbsp red wine vinegar

Salt & Pepper



Method:

1. Crush half the walnuts kernels in a mortar or a food processor. Trim and chop the watercress and finely shred the spring onion.
2. Wash the potatoes but do not scrape them. Leave the smallest ones whole but cut the larger ones to the same size as the smallest ones. Cook in salted water until tender.
3. Put the crushed walnuts in a jar with the oils, vinegar, salt and pepper and shake well to combine.
4. Drain cooked potatoes. Shake the dressing again and toss it gently through the potatoes. Leave to cool.
5. Scatter the watercress and spring onions over the salad, toss again then serve the salad with the remaining walnuts.



Rhubarb & Strawberry Compote

Serves 4

Preparation time : 15 minutes

Cooking time : 20 minutes

Total time : 35 minutes

Ingredients:

650g rhubarb

60g caster sugar

100ml fresh orange juice

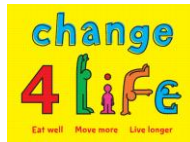
250g strawberries

200ml crème fraiche



Method:

1. Trim and rinse the rhubarb, cut it into 2.5 cm lengths and put into a large saucepan with the sugar and the orange juice. Cover the pan, bring to a boil then reduce heat and simmer gently uncovered for 5 minutes stirring occasionally.
2. While the rhubarb is cooking, hull and rinse the strawberries, and cut in half. Add the strawberries to the rhubarb and simmer for 4 minutes, or until slightly softened but still remain their shape and still have some bite.
3. Transfer the compote to a serving dish and serve warm with natural yoghurt and or muesli.



Spinach and Herb Frittata

Serves 4

Preparation time : 10 minutes

Cooking time : 10 minutes

Total time : 20 minutes

Ingredients:

1tbsp olive oil

150g red onion finely chopped

1 large red pepper chopped

150g spinach leaves

2tbsp chopped chive chives

2tbsp chopped parsley

6 eggs lightly beaten with 2tbsp water

Salt and pepper

75g mature cheddar grated



Method:

1. Heat oil in a large frying pan with a flame proof handle and fry the onions and pepper for 5 minutes or until they have softened.
2. Add the spinach and continue frying for 2 minutes until the spinach has wilted. Add a little freshly ground pepper and salt. Add the chopped herbs.
3. Pour over the eggs and cook for about 5 minutes or until the mixture begins to set.
4. Heat the grill to high. Sprinkle over the cheese and place under grill and cook for another minutes until bubbling and golden.



Salsa

Serves 4

Preparation time : 10 minutes

Cooking time : None

Total time : 10minutes

Ingredients:

2 med sized tomatoes, cut into cubes

4 spring onions finely chopped

1 green chilli, deseeded and finely chopped(optional)

10g coriander/parsley, finely chopped

Juice ½ lemon

Method:

1. Combine all the ingredients in a small bowl and cover.
2. Leave to stand to allow the flavours to develop.



Vegetable Pizza

Serves 4

Preparation time : 15 minutes

Cooking time : 20 minutes

Total time : 35 minutes

Ingredients:

225g/8oz self-rising flour

150ml/ ¼ tsp water

1 tsp sunflower oil

Topping:

75g/3oz grated cheese

½ tin tomatoes, drained and chopped

Pinch of dried herbs

1 red pepper

1 yellow pepper

1 green pepper

1 onion

5 mushrooms

Oil



Method:

1. Pre-heat oven to 200c/Gas 6
2. Remove the stalk and seeds from the peppers slice. Slice the onion and mushrooms.
3. Place the vegetables in a roasting tin, toss in herbs and mixed herbs, place in oven for 15-20mins or until soft.
4. Place the flour in a bowl, add water and oil and mix until it forms a ball.
5. Sprinkle flour on a work surface and roll out the dough to form a circle.
6. Put the dough onto a baking sheet and top with drained, chopped tomatoes, cheese and herbs.
7. Bake for 10mins in the oven, then add the roasted vegetables and cook for a further 5-10mins.

Vegetable Soup

Serves 4-6

Preparation time : 30minutes

Cooking time : 30 minutes

Total time : 1 hour

Ingredients:

2 tbsp olive or sunflower oil, or 30g/1oz butter

1 onion, peeled and chopped

1 garlic clove, peeled and chopped

1 bouquet garni and/or 1-2 fresh red chillies, de-seeded and chopped or 1 tsp or more curry paste or curry powder or spices, e.g. cumin, fennel seeds, cinnamon, etc

1 potato, or other thickener if needed, peeled and cut into chunks

500g/18oz vegetables, prepared as appropriate and roughly chopped

1-1.5 litres/1¾-2¾ pints) vegetable or chicken stock, or vegetable cooking water, or a mixture of water and milk



Method:

1. Heat the oil or butter gently in a large saucepan, then add the base ingredients, the aromatics and the main ingredients. Stir around to coat everything in the fat, then sweat very gently for 10-15 minutes.
2. Add 1litre/1¾pints of stock or other liquid, saving the rest for thinning down (if necessary), and season with salt and freshly ground black pepper. Bring up to the boil, then simmer gently for about 20 minutes until all the vegetables are tender.
3. Liquidise in several batches, and return to the pan. Thin down with the reserved stock, water or milk as required, and check the seasoning
4. Reheat when needed.

ii. Useful Websites

Below you will find a list of some websites which may be useful when planning *your* Love Local workshop. This list also appears, with live links, on the Love Local website which can be found at:

www.pect.org.uk/lovelocal

- **BBC-Health: Nutrition** - A good diet is central to overall good health, but do you know the best foods to include in your meals, and those best avoided? This website looks at the facts, to help you make realistic, informed choices. www.bbc.co.uk/health/treatments/healthy_living/nutrition/index.shtml
- **British Nutrition Foundation** - Provides nutrition information for teachers, health professionals, scientists, and general public. Publications, conferences and educational resources. www.nutrition.org.uk/
- **Change4Life** - Change4Life has loads of healthy eating tips and recipes, and fun ways to exercise. Change4Life is here to help you and your kids eat well and move more. www.nhs.uk/change4life/Pages/change-for-life.aspx
- **Eat the Seasons** - Seasonal food information, tips and recipe ideas, updated every week. www.eattheseasons.co.uk/
- **Five-a-day** - Why five a day is important and how you can get your five portions of fruit and veg. www.nhs.uk/livewell/5aday/pages/5adayhome.aspx/
- **Food Standards Agency** - UK Government body shows current research in food safety, nutrition and food-related disease, with notes on scientific surveys, enforcement of good practice. www.food.gov.uk/
- **Food Labelling** – Food Standards Agency section on food labelling. www.eatwell.gov.uk/foodlabels/
- **Friends of the Earth** - Find out how you can help to 'Fix the Food Chain' by joining this fresh new campaign. www.foe.co.uk/what_we_do/fix_food_chain_20576.html#1
- **Greeniversity** - Greeniversity offers a range of free courses taught by ordinary people. There are courses about how to grow your own veg, how to knit, how to customise charity shop clothes, how to ride (and service) your bike, and even how to insulate your loft. www.greeniversity.org.uk

- Food Facts** - Sustain: The alliance for better food and farming advocates food and agriculture policies and practices that enhance the health and welfare of people and animals, improve the working and living environment, enrich society and culture and promote equity. www.sustainweb.org/
- Love British Food** - The one-stop-shop for consumers, retailers, caterers and schools wanting to enjoy the diverse and delicious food that Britain produces. www.lovebritishfood.co.uk/
- NHS** - Information from the National Health Service on conditions, treatments, local services and healthy living. www.nhs.uk/Pages/HomePage.aspx
- Peterborough City Council** - Unitary Authority site listing *council* services and councillors, with information on local groups and organisations. www.peterborough.gov.uk/
- Riverford Organic vegetables** - Riverford delivers organic fruit, veg and meat boxes and other fresh food from a network of five farms. www.riverford.co.uk/
- School Food Trust** - Information about school food and school food skills. www.schoolfoodtrust.org.uk/
- Supermarket Health Checker Tool** - Use the NHS Choices Health Checker tool on mysupermarket.co.uk to cut the sat fat, salt and sugar in your weekly shop. The health checker keeps track of your trolley and suggests healthy swaps based on your favourite items. www.mysupermarket.co.uk/landingpages/healthy-shopping.aspx

iii. Downloads

The Love Local website www.pect.org.uk/lovelocal has easy access to the following resources for you to download and use at your workshops:

- Seasonal calendar
- Eatwell plate
- This handbook
- Children's Activities
- 5 a day leaflets and chart
- Recipe cards in several different languages
- Guide to food labelling
- Cut the saturated fat wall chart

Love Local