




<p>Session 2</p>	<p>Session Title: How to compare and make more price worthy choices.</p>
<p>Learning outcomes</p>	<ul style="list-style-type: none"> • How to understand food labelling • How to bulk cook and prevent food wastage • How to compare prices • How to make your money go a long way- saga of the mince
<p>Recipes and resources for session</p>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  chilli con carne.pdf </div> <div style="text-align: center;">  Microwave Chilli_C on_Carne_wit... </div> <div style="text-align: center;">  Food shopping card poster update 2014 (</div> </div> <p>Please use Let's Get Cooking recipe bank to ensure that all clients attending are cooking recipes that meet their needs e.g. vegetarian/ egg free etc.</p>
<p>Activities</p>	<ul style="list-style-type: none"> ▪ Welcome, introduction to week 2 and recap on two week menu cycle (5 minutes) ▪ Demonstration by Community Facilitator (35 minutes total time) <ul style="list-style-type: none"> ➤ Labelling- What does it mean? Discuss traffic light system, Guideline Daily Amounts, Labelling terms, awareness of different names used on labels and myths around advertising (15 minutes) ➤ Cooking tips for busy people Parts 1 Buying in bulk, batch cooking and safe storage (part 2 covered session 4 – store items & preventing food wastage)(15 minutes). ➤ Saga of the meat. Discuss buying beef in bulk. Illustrate price comparisons and different cost for different cuts. Highlight different meal options e.g. chilli con carne/ cottage pie/ burgers. (5 minutes) ➤ Alternatives to meat e.g. turkey mince/ quorn- discuss difference in cost and health benefits. • Brief reminder of food safety and hygiene in the kitchen (Do's n don'ts 5 minutes) • At cooking stations - cooking, tasting and tidying up (1 hour 10 minutes) <ul style="list-style-type: none"> ➤ Recipes Chilli con carne- split group into three. All to cook same recipe but using either beef, turkey mince or quorn. Taste and discuss.

<p>Equipment Required</p>	<p>Kitchen Equipment</p> <ul style="list-style-type: none"> ▪ Access to cooking equipment, tables, stoves, microwaves etc & washing up facilities (hot and cold running water, disposable cleaning cloths, paper towels, bin bags, Bactericidal detergent, Antibacterial cleaning spray etc). ▪ Cooking area must have fire blanket / extinguishers ▪ Access to first Aid kit ▪ Access to fridge or cool box (Ice packs for cool box) ▪ Ingredients to cook with ▪ Aprons for everyone preparing food ▪ Knives & scissors ▪ Pots and pans ▪ Chopping boards ▪ Bowls (various sizes) ▪ Colander ▪ Whisk ▪ Jugs ▪ Oven mitt/gloves ▪ Grater ▪ Cutlery and crockery ▪ Scales ▪ Measuring jug ▪ Tin opener ▪ Kitchen utensils such as spoons ladles tongs potato peeler, garlic press etc <p>➤ Additional Equipment</p> <ul style="list-style-type: none"> ▪ Breakfast cereals worksheet ▪ Flip chart paper ▪ Marker pens (variety of colours) ▪ ACES name badges
<p>Speakers Notes:</p> <p>Welcome, introduction to week 2 and recap on the two week menu cycle (5 minutes)</p> <p>Demonstration by Community Facilitator (35 minutes)</p> <p>Labelling- What does it mean? (15 minutes of 35 minute demonstration) Discussion points: Traffic light system, Reference intakes, Labelling terms, awareness of different names used on labels and myths around advertising.</p> <p>Discuss food labelling with the group – here are some points to consider with them.</p> <ul style="list-style-type: none"> • Does anyone ever read food labels? • Has anyone ever seen the traffic light system used? • What do each of the colours mean? • What and why do you look at labels? E.g. Nutritional label, price, name of product, what it looks like, photos on packaging, ingredients, how to cook it, portion size 	

- Do you find reading labels confusing? e.g. for yoghurts, the fat content is low, but the sugar content is high?
- Is there something specific which you don't understand?
- Have you found different types of food labelling in different shops?

Signpost group to following link for a full and extensive explanation for food labelling

<http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx>

Discussion points-

- Explain that manufacturers have a legal requirement to provide information about a food product.
- Using 'food label information' poster and example of a variety of food packages explain that by law the following information has to be provided on all food packages:
 1. Name of the food
 2. Weight or volume (amount)
 3. Ingredients (in descending order, most abundant first)
 4. Date mark and storage conditions
 5. Name and address of company who made the product.
 6. Place the food was originally made

During discussion Community Facilitator prompts group to look at the different information highlighted on examples of food packages in front of them.

Nutritional Information

Use this table to explain the nutritional information found on food labels.

	What does it mean?
Energy	The amount of energy that a food contains. If you consume more energy than you use up day after day, you will gain weight.
Kcal	The number of calories the food contains.
Protein	Needed for growth and repair.
Carbohydrate	Includes both sugar and starches and may include both natural sugars and added sugars.
of which sugars	Include table sugar, fruit sugar, milk sugar.
of which starch	Includes potato, bread, pasta, rice, grains. Fills you up and should make up a large share of your diet.
Fat	Too much fat in your diet can lead to weight gain
of which saturates	Usually the kind of fat from animal sources e.g. dairy and meat, and many processed foods. This is bad for your heart.
of which monounsaturated	For example olive oil or rapeseed oil. This kind of fat can be good for your heart.
Fibre	Fills you up for longer and soluble fibre helps lower cholesterol.
Sodium	1g sodium is the same as 2.5g salt. Try and keep to a maximum of 6g of salt or 2.5g sodium/day for adults and less for children.

Way forward- standard food labelling

A new consistent system of front-of-pack food labelling is to be rolled out across the UK. A combination of colour coding (traffic light colours) and nutritional information will be used to show how much fat, salt, sugar and how many calories are in a product. Most supermarkets and retailers are welcoming the new labelling system. The use of traffic light colours and GDAs on the front-of-pack will help people make quick and easier choices about their food choices.

The Traffic Light System

Provide the group with a copy of the Traffic Light Food Labelling Shopping Card. Discuss:

- Traffic light colours provide at a glance information on whether a food is high, medium or low in calories, fat, saturated fat, sugar or salt per 100g.
- Red lights indicate that a food is high in a specific nutrient and we should try to avoid these foods.
- Amber lights are an okay choice most of the time
- Green lights indicate that the food is low in that nutrient and can be chosen regularly.

What happens if a food has a mixture of colours?

Set the scene with the group. They are standing in the supermarket trying to choose the healthier option chicken curry for their Friday night treat. One of the curries has 2 red lights and 3 amber lights; the other has 2 green lights, 2 amber lights and a red light.

From this information you can quickly identify that the second curry is the healthier option as it is low in 2 nutrients and only high in one.

- Products such as 100% fruit juice, tinned fruit in juice etc will often have a red light for sugar content but these can be included as part of a balanced diet.

Reference Intakes (RI)

Reference Intake (RI) have replaced Guideline Daily Allowance (GDA). Discuss the RI labelling system with the group.

- The RIs are guidelines **based on the approximate amount of nutrients and energy you need for a healthy, balanced diet each day.**
- On food labels the RI's provides the amount and percentage contribution of calories, fat, saturated fat, sugars and salt per portion or per 100g the food contains.
- Everybody has different nutritional needs and therefore the RIs should be treated as a guide and not a target.
- The RIs are based on an average woman (unless stated otherwise):

	RIs for average adults
Calories (kcal)	2000
Total Fat (g)	70
Saturated Fat (g)	20
Sugar (g)	90
Salt (g)	6

So if the RI for fat is 70g per day and a product provides 8g of fat then the product provides 11% of our daily recommended intake. Explain to the group that children have their own GDAs, so the percentage contributions will be different.

Labelling Definitions- briefly discuss

It's not only nutrition labels which can be confusing, different labelling claims and definitions can prove to be equally as problematic. Briefly highlight the following terms with your group but signpost to web link for more detailed explanation. .

- **Best Before Dates-** No immediate risk of food poisoning but after this date the food will start to become stale or lose flavour. Not illegal for shops to sell food after this date.
- **Use By Dates-** These dates are seen on foods that go off quickly such as chilled meats, dairy products and ready meals. Don't use any food or drink after the 'use by' date even if it looks and smells fine. This is because using it after this date could put your health at risk.
- **Health Claims-** Examples: 'Helps Maintain a Healthy Heart' or 'Helps Aid Digestion' From July 2007, a new European Regulation states that a food can only claim to be 'healthy' if the claim is based on scientific research. Although these new rules came into effect on 1 July 2007, the food industry has been given the time it needs to change its processes and comply with the new rules, so it will be some time before we see the changes on products in the shops.
- **Ingredients List-** Ingredients are listed by their weight, with the heaviest being at the top of the list. If additives are used they must be included in the list.
- **Lite or Light-** If a food is light it must be at least 30% lower in a specific value e.g. calories/fat in comparison to a standard product. The label must tell us what has been reduced and by how much for example 'light:30% less fat'. You can compare products easily by looking at the nutrition label.
- **No Added Sugar or Unsweetened-** These terms mean that the product has not had sugar added as an ingredient. However, it may well have a high natural sugar content e.g. fruit juice. Look at the information on the nutritional panel to check how high the sugar content is.
- **Low in Fat-** If a food is marketed as low in fat it must contain no more than 3g of fat per 100g for solids or 1.5g of fat per 100g for liquids.

Handy Food Labelling Tips

- ✓ Use your Food Shopping Card as a guide to help you when you are shopping. For example, if you pick up a food which has over 5g saturated fat this food is high in saturated fat and should be seen as a treat.
- ✓ Remember, ingredients are always listed by what it contains the most of. In general, if sugar, salt or fat are amongst the first four listed, it will usually contain a lot of it.
- ✓ Look out for the different names given to sugar that we will discuss next week. Remember that items such as dried fruit are high in natural sugars.
- ✓ When you look at a nutrition label look at the per 100g column. Think of 100g = 100%. Look at how many grams of sugar/fat is in the product. If for example, you are looking at a breakfast cereal which has 37g of sugar per 100g this means that 37% of this cereal is purely sugar, more than a third!
- ✓ If the labels use traffic lights, remember the more green lights the healthier the choice.
- ✓ Remember, to check portion size! For example, if you look at the front of a ready meal packet and the nutritional values provided are per 100g, sometimes what you really eat is more than 100g. Look at how

big the portion is and then compare.

Cooking tips for busy people Parts 1 Buying in bulk, batch cooking and safe storage (15 minutes of 35 minute demonstration)

N.B. Signpost group to two weekly menu cycle handout for detailed tips on batch cooking, safe storage and food wastage.

Batch Cooking

Cooking in advance will slash your supermarket shopping bill and save you time. You'll not only be less likely to waste food by having a **meal plan** of what you're going to cook, but will save hours in the kitchen too by cooking in bulk. Plus, batch cooking is healthier for your family as the temptation of calorie-laden pre-made sauces and meals when you're short on time won't be there.

Batch Cooking options:

✓ **Freezer meals**

These are entire family dinners made in advance and frozen to be thawed out, reheated and enjoyed later. Freezer meals are great because even kids can press reheat on the microwave, or turn on the oven, to prepare the evening meal – and you can actually have a night (or two!) off from cooking. e.g. Chicken nuggets Macaroni and cheese Beef casserole Lentil stew Lasagne.

TIP - Store frozen dinners in zip lock bags instead of Tupperware and they won't take up as much room in the freezer.

✓ **cooking ingredients**

If freezer meals are not something you want to serve up night after night, how about making a few staples that you freeze and then whip up into a variety of meals later e.g. **Bolognaise sauce** which can be used as the basis for an array of meals including lasagne, spaghetti bolognaise, nachos, chilli con carne and more. **Roast a whole chicken** once a month, cut it up and freeze the meat pieces in 1 cup serving portions in the freezer to be used when you want to cook speedy stir fries, quick chicken pasta dishes or just a quick simmer sauce meal. Brown and store bulk-buy minced meat in meal portions to make a variety of quick meals on the cheap including **Spaghetti bolognaise, Hamburgers** and **Family shepherds pie**.

✓ **Once a week, fortnight or month cooking**

If you really want to be a hardcore batch cook, if you have a hectic period coming up then try dedicating one day a week, fortnight or if you're really organised, a month to cooking all of your meals for that period in advance. To do this you'll need a detailed **meal plan** and have the pantry and fridge stocked with all the ingredients you'll need before your day of cooking. You'll also need either a deep freezer or have a very roomy freezer to store all your meals. Then dedicate the entire day to your kitchen and cook, cook, cook. It's a mammoth job, but once you've done it, you can kiss goodbye to cooking for the week, fortnight or month! Freeze the meals, label and date them, and all you have to do is thaw, reheat, and serve.

TIP –Make sure you double all the ingredients for each recipe, to make twice as much. You could even quadruple them and have plenty of leftovers for lunches.

Saga of the meat (5 minutes of 35 minute demonstration)

Meat prices can use up a very large part of your grocery budget. Helpful tips to help save cost are as follows:

- ✓ Watch for meat offers and stock up when you see a sale. But remember that one supermarket's sale price can be another supermarket's everyday price, so compare the supermarkets in your area to make sure that you really are getting a good deal. **IMPORTANT:** Keep in mind that some meats are less expensive during certain times of year. For example, turkey typically goes on sale right after Christmas.
- ✓ Mix It Up, each week add a few cheaper cuts of meat in with the more costly ones. Chicken legs can be half the price of chicken breasts, and buying a whole chicken is more reasonable than the sum of its individual parts. There are some very tasty recipes that use ground beef, and when compared to the higher price of that 8 ounce T-bone or those baby back ribs.
- ✓ Get Lower Meat Prices with Family Packs. Part of finding the lowest price possible is comparing the cost of regular and "family" or "value" packs. Buying in larger quantities is often less expensive. In fact, if comparing family packs of chicken breast. To buy a pack of 2 breasts it is approximately £11.54 per kg compared to 7.34 per kg for family pack of 4 chicken breasts. Therefore it is up to £4.20 per kg cheaper to buy family pack than its smaller counterpart. Divide these packs into meal-sized portions before freezing and enjoy the savings for two – or even three – meals.
- ✓ Reduced prices- as meat approaches its "best before" date, many grocery stores will mark down prices up to 50 percent. This is a great way to save money, especially if you are going to eat the meat right away or put it in the freezer. **BONUS:** You might even be able to find some of those more expensive cuts for a very reasonable cost. If you compare food prices especially meat prices regularly.
- ✓ Do Your Own Work - Did you know that you pay a LOT of money to have someone skin and de-bone your meat? If you want to lower your grocery bill, count the cost and decide if this is a service that is really worth the expense. Although prices vary between areas, the average price of a whole chicken with the skin and bone is about e.g. whole chicken is £3.50 for 1.35kg (£2.59 per kg). This increases to £4.50 for small pack chicken breast (613g pack) without skin/bone (£11.54 per kg). This is a huge difference and when you consider last week we demonstrated how to get the most of a whole chicken a difference in £8.95 is huge.

*** Alternatives to meat e.g. turkey mince/ quorn- discuss difference in cost and health benefits.

Brief reminder of food safety and hygiene in the kitchen (Do's n don'ts 5 minutes)

At cooking stations - cooking, tasting and tidying up (1 hour 10 minutes)

- Recipes Chilli con carne- split group into three. All to cook same recipe but using either beef, turkey mince or quorn. Taste and discuss.

Bringing group together and close with discussion of how they felt this week went.