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| <p>Session 4</p> | <p>Session Title: Lunches & Snacks</p> |
| <p>Learning outcomes</p> | <ul style="list-style-type: none"> ▪ Reinforce labelling messages ▪ Knowledge and skills to identify healthy lunch/snack options ▪ Using left over's and seasonal food items. ▪ Increase cost awareness and how to bulk cook |
| <p>Recipes & resources for session</p> | <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center; margin: 5px;">  Packed Lunches food facts.pdf </div> <div style="text-align: center; margin: 5px;">  Sweet_Red_Pepper _and_Cheese_So... </div> <div style="text-align: center; margin: 5px;">  Vegetable_Soup.pd f </div> <div style="text-align: center; margin: 5px;">  Winter_Vegetable Soup.pdf </div> <div style="text-align: center; margin: 5px;">  Summer_Veg inestrone_Soup.pdf. </div> <div style="text-align: center; margin: 5px;">  Loving_local- healthy_recipe_r... </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 back, introduction to week 4 and recap on 2 week menu cycle. (5 minutes). • Demonstration by Community Facilitator (20 minutes) <ul style="list-style-type: none"> ➢ Cost difference of shop bought items compared to homemade ➢ Comparing different snacks - chocolate bar/fizzy drink/chewy sweets/cereal bar etc ➢ Fresh food versus canned and frozen food (nutritional differences/cost) ➢ Seasonal foods • Brief reminder of food safety and hygiene in the kitchen (Do's and don'ts 5 minutes) • At cooking stations - cooking, tasting and tidying up (1 hour 10 minutes) <ul style="list-style-type: none"> ○ Recipes- <ul style="list-style-type: none"> Quick 30 minute soups <ul style="list-style-type: none"> ✓ vegetable soup (utilise leftovers) ✓ Sweet red pepper & cheese soup 45 minute – 60 minute soups <ul style="list-style-type: none"> ✓ Onion soup ✓ Wildcats winter root vegetable soup ✓ Summer vegetable Minestrone soup <p>Taste and discuss.</p> |

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| Equipment Required | Kitchen Equipment <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 ▪ Recipe ingredients ▪ Aprons ▪ 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 spoon, ladle, potato peeler |
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Speakers Notes

- **Welcome back, introduction to week 4 and recap on 2 week menu cycle. (5 minutes)**
- **Demonstration by Community Facilitator (20 minutes)**

➤ **Cost difference of shop bought items compared to homemade**

Discussion around healthy lunch options– ask the group what would be their normal lunch – then progressing to using their knowledge of the Eatwell plate and labels to think about how they would change their current lunch to make it healthier. e.g. looking at labels for items which are low in salt/fat/sugar. Community Facilitator may provide food packaging to discuss nutritional content of some examples of shop bought items. Furthermore discuss the table below to demonstrate to cost comparison of shop bought versus home-made lunch options. Highlight money that can be saved by preparing your own/families lunch at home.

| | Shop | Homemade |
|------------------------------------|---|---|
| Product | Cost | Cost |
| Crayfish salad | Average £4.48 (365g) | £1.91 (365g) |
| Vegetable soup | £1.60 (600mls for 2 portions = £0.80 per portion) | £0.58 (2 portions) (or minimal cost as ingredients left over from 2 week menu cycle) |
| Sandwich options e.g. Ham & tomato | Average £2.64 | £0.46 (2 slices wholemeal + 2 slices ham + tomato + light spread) |

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| Chicken pasta salad | £2.00 (260g portion) | £1.48 (4 portions = £0.37 per portion) As prepared week 1- left over chicken + store items used. Therefore minimal cost for ingredients. |
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➤ Why homemade and not shop bought?

Discussion points-

Taking soup as an example the advantages of homemade soup over canned or otherwise packaged soup are numerous and significant. Regardless of how much you pay for fancy store-bought, homemade is going to taste better, unless you've burned it or added bizarre ingredients. Here are some of the reasons your homemade soup will taste better and be better for you:

- ✓ Freshness- even if you're using leftovers, your soup will be fresher than what you can buy at the supermarket/deli. You have not had to ship your product across the country, nor has it been stored on a shelf or in a freezer for an indeterminate length of time after being unloaded from the train or truck.
- ✓ Ingredients- store-bought soups will have at best ingredients you did not choose, which are not fresh and which may or may not be organic and could contain preservatives or other additives. You control what you put in your homemade soup.
- ✓ Package Disposal- you have to dispose of the packaging from the ingredients you already have in the house; do you really need one more can or carton to add to the pile?
- ✓ Cost - when you buy soup at the supermarket/deli, you're paying for the soup, the wages of those who handled it, the materials used to package it, the people and equipment needed to transport it, and the profit made by any middle men and, of course, the outlet. When you make soup you're only paying for the ingredients, and fresh meats and vegetables have minimal packaging and can be bought locally (by the outlet, or by you) so that transportation costs are minimal too. Furthermore you can buy ingredients in season to keep costs down.
- ✓ Waste- you have to do *something* with those meats and veggies that are in use-it-or-lose-it condition. Soup 'em up! It's better than binning them.
- ✓ Element of surprise- This will provide variety. When you have the confidence in the kitchen you can alter recipes to try new exciting varieties.
- ✓ Ease of preparation- There are lots of easy, quick soup recipes to explore. You can cook soup in bulk and freeze for days where you don't have much time!

➤ **Comparing different snacks - chocolate bar/fizzy drink/chewy sweets/cereal bar etc**

Discussion points

We all tend to reach for the snacks in the afternoon, when we need a quick 'pick me up' and at the weekends as well, when we might feel we deserve a bit of a treat. Things like cakes, pastries, sweets, biscuits, jam, and chocolate can be high in sugar, opt for 'lite' or low sugar versions instead, when you're at the supermarket or swap for unsalted, unroasted nuts, unsalted rice cakes or toast instead.

Demonstration- using sugar cubes/ teaspoons sugar ask the group to think about how much sugar is in popular drinks and snacks. Highlight the increased amount of physical activity required to burn them off the more energy (sugar) they contain.

Drinks options

| Product | Teaspoons sugar |
|---|-----------------|
| 1 can of coke | 7 |
| 1 small bottle lucozade | 17 |
| 1 carton ribena (200mls) | 4 |
| 1 carton ribena light (200mls) | Less than ½ |
| 1 fruit shoot (200mls) | 5 |
| 1 fruit shoot (200mls)- low sugar | Less than 1/2 |
| Vitamin water | 2 1/2 |
| Glass dilute Orange juice- no added sugar | Approx. 1/10 |
| 1 can redbull | 6 |
| Small glass fresh orange juice (from concentrate) | 5 |
| Fast foods large milkshake | 13 |

Snack options

| Product | Teaspoons sugar |
|----------------------------------|-----------------|
| Muller Chocolate flake corner | 4 |
| 1 pot Muller Light | 1 ½ |
| 1 Mars Bar | 8 |
| 1 Mars Bar – fun size | 1 ½ |
| Milky Way (2 bars) | 4 |
| 2 digestive biscuits | 1 |
| 1 X 2 finger kit-Kat | 2 |
| 125g tub of ordinary jelly | 5 |
| 125g tub of no added sugar jelly | - |
| Nutrigrain bar | 2 |
| 275g Haribo Starmix | 43.5 |

Cereal bars – it is very important that you encourage the group to read food labels when selecting cereal bars as a snack option in order to choose the healthier varieties. Highlight that it is important to remember that cereal bars can be high in sugar and / or fat, however if we choose healthier varieties then this can be a healthier alternative to some other snack options e.g. supermarket bought blueberry muffin which contains approx. 5 teaspoons sugar or a serving of coffee shops slice of luxury fruit bread which contains approx. 8.

Cereal Bar- sugar content

| Product | Teaspoons sugar |
|---|--|
| Kellogg's Nutri-Grain Elevenses Raisin Bake bar | 4 (22.3g) |
| Tracker Roasted Nut | 1 ½ (8g) (also highlight almost 1/3 of it is fat and also found to contain hydrogenated fat) |
| Jordans Frusli | 1 ¼ (6.1g) |
| Alpen light (apple & sultana) | 1 (4.6g) |
| Alpen fruit & fibre | 1 ½ |
| Kelloggs Special K | 1 ¼ (8g) |
| Nature Valley (2 bars) | 2 1/3 (12g) |
| Eat Natural | 3 (15.1g) |
| Nutri grain | 2 ¼ |

Discuss following smart tips for snacks:

Snack tips:

- ✓ Buy smaller packs. Skip the family bags and just go for the normal sized one instead.
- ✓ If there's more than one bar to your chocolate snack, can you share it with a friend? Or put it in the fridge and have the other one tomorrow.
- ✓ Pack a snack! If you're going out for the morning or a day, try taking some healthier snacks with you. It'll help you avoid the chocolate and cakes on offer in cafes and shops on the way, and can save money too.
- ✓ It's the simplest tip in the book – but if you don't have the unhealthy snacks in the house, you won't be able to eat them!
- ✓ Skip that aisle in the supermarket and try to avoid the checkouts with loads of treats on display.
- ✓ Aim for three regular meals a day. So if you're raiding the snack cupboard several times a day, have a think about the meals you're eating and when. You could be filling up on calories when a meal would keep you going for longer.
- ✓ If you're feeling peckish, try a glass of water instead. Chances are you're thirsty rather than hungry.

Healthy alternatives to sweet snacks:

- ✓ Try some healthy ways with fruit - great for counting towards your 5 A DAY: Chunks of melon, strawberries, grapes, or whatever you have to hand. Look out for fruit that's in season, it's likely to be cheaper.
- ✓ Dried – how about just a few pieces of mango, banana, pineapple, cranberries or raisins? Don't forget, a small handful is about the right amount of dried fruit for kids.
- ✓ Low fat fruit yoghurt.
- ✓ A handful of dry, reduced sugar cereal with a few raisins or sultanas.

Healthier savoury snack ideas:

- ✓ Instead of crisps, salted nuts, pork scratchings, which can all be high in salt and fat, try: baked crisps
 - ✓ Small handful of unsalted mixed nuts
 - ✓ Pumpkin and sunflower seeds
 - ✓ Pitta and lower fat dips like salsa or reduced fat hummus
 - ✓ Rice cakes with lower fat cream cheese and cucumber
 - ✓ Celery sticks filled with lower fat cream cheese
 - ✓ Homemade popcorn (without sugar or salt)
 - ✓ Unsalted ricecakes, corncakes or oatcakes
- **Fresh food versus canned and frozen food (nutritional differences/cost)**

Discussion points:

- A busy lifestyle may not always allow us to have fresh vegetables on hand. But, there are benefits and drawbacks of fresh, frozen, and canned vegetables. For starters, no matter which way you store it, a vegetable is *always* going to contain carbohydrate, protein, vitamins, minerals, fibre, and other plant chemicals, known as "phytochemicals," all of which are good for us no matter what. None of these nutrients are completely lost from processing.
- It is important to remember that even uncooked fresh vegetables can lose some vitamins just by sitting around. It could take up to two weeks from the time vegetables have been picked until they reach your plate. By this time, 10 to 50 percent of the less stable nutrients may have disappeared.
- Raw, lightly prepared, or minimally processed veggies (and fruits) often have a higher nutrient value than well-cooked ones.
- Frozen and canned vegetables are often processed shortly after they are picked, so that nutrient losses would not occur during shipping, on the grocer's shelf, or in your home. Frozen vegetables actually retain a high proportion of their original nutrients. Sometimes, though, they are blanched (dipped in hot water), which preserves colour and texture, but may compromise some vitamins. Sodium is often added to canned products. A portion of this may be rinsed off with water, or you can choose the "no-salt added varieties" that are often available.

Therefore whether fresh, frozen, or canned fits into your lifestyle, select any type that you'll enjoy eating. Remember to try and achieve your 5 A Day and try to have a 'rainbow' of colours in order to get different vitamins and minerals.

To help preserve the nutrient content of veggies (and fruits) during cooking or other preparation:

- ✓ Stick with shorter cooking times and lower temperatures (e.g. avoid deep frying).
 - ✓ Cook with little or no water to help retain water-soluble vitamins, such as Vitamins B and C. For example, steam or microwave rather than boil. To limit exposure to heat when cooking this way, wait until the water is boiling before adding veggies.
- **Seasonal foods**

It is possible to buy an amazing range of fruit and vegetables all year round. However this can be costly due to either the fruit and vegetables being transported for thousands of miles or to the cost of energy

required for sufficient heat and light in greenhouses. Therefore cooking British- grown fruit and vegetables when they are in season means not only are you saving money but you are buying products full of flavour, this is will be cheaper when opting for out-of season food. Seasonal food is also better for the environment as it requires less effort and energy to produce. There is a wide range of seasonal fruits and vegetables to choose from.

The following table provides an idea of what is in season. It is important to note that foods such as potatoes, onions and apples are in season for a short time but store well, so are available to buy all year round. The community facilitator can provide the clients with the Lets Get Cooking Loving Local- healthy recipes resource.

| Season | Foods available | Recipe ideas |
|---------------|---|--|
| Winter | <ul style="list-style-type: none"> ✓ Broccoli ✓ Brussel sprouts ✓ Cabbage ✓ Cauliflower ✓ Carrots ✓ Parsnips ✓ Turnip | <ul style="list-style-type: none"> ✓ Winter vegetable soup ✓ Chickpea & cauliflower curry ✓ Sausage & bean hotpot |
| Spring | <ul style="list-style-type: none"> ✓ Spring green cabbage ✓ Asparagus ✓ Spinach ✓ Cucumber ✓ Rhubarb ✓ Aubergine ✓ Radish | <ul style="list-style-type: none"> ✓ Spring greens stir fry ✓ Lamb hotpot ✓ Rhubarb crumble |
| Summer | <ul style="list-style-type: none"> ✓ Broad beans ✓ Courgettes ✓ Peas ✓ Rocket ✓ Blackberries ✓ Pepper ✓ French beans ✓ Beetroot ✓ Fennel ✓ Onions ✓ New potatoes ✓ Celery ✓ Lettuce ✓ Watercress ✓ Tomatoes ✓ Spring onions ✓ Cherries ✓ Raspberries ✓ Strawberries ✓ Blackcurrants | <ul style="list-style-type: none"> ✓ Roast chicken ✓ Potato salad ✓ Courgette ribbon salad ✓ Mini pancakes |
| Autumn | <ul style="list-style-type: none"> ✓ Runner-beans ✓ Red cabbage ✓ Celeriac ✓ Leeks | <ul style="list-style-type: none"> ✓ Chicken & sweetcorn risotto ✓ Brilliant burgers ✓ Pumpkin soup |

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| | <ul style="list-style-type: none"> ✓ Marrow ✓ Potatoes ✓ Pumpkin ✓ Squash ✓ Sweetcorn ✓ Cox & gala apples ✓ Swede ✓ Plums ✓ Pears | <ul style="list-style-type: none"> ✓ Autumn feast muffins ✓ Poached pears |
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5 minutes

- Brief reminder food safety and hygiene in the kitchen

1 hour 25 minutes

- At cooking stations- cooking, tasting and tidying up.
 Recipes- variety of soups (community facilitator to ensure selection prepared and tasted)
 - Quick 30 minute soups
 - ✓ Vegetable soup (utilise leftovers)
 - ✓ Sweet red pepper & cheese soup
 - 45 minute – 60 minute soups
 - ✓ Onion soup
 - ✓ Wildcats winter root vegetable soup
 - ✓ Summer vegetable Minestrone soup

Group discussion/close