

Practical Food Session 6	Session Title: Is fish to fishy? Healthier Home baking
Learning outcomes	<ul style="list-style-type: none"> ▪ To improve participant understanding of the importance of reducing food waste and tips to reduce their household waste. ▪ To increase participants confidence to utilise leftovers and safe storage techniques. ▪ To highlight health benefits of oil rich fish – the saga of the salmon
Recipes and resources for delivery	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center; margin: 5px;">  Bread Butter Pudding.pdf </div> <div style="text-align: center; margin: 5px;">  LGC286_Apple_Triangles.pdf </div> <div style="text-align: center; margin: 5px;">  Tutti Fruity Crumble.pdf </div> <div style="text-align: center; margin: 5px;">  Rhubarb Crumble.pdf </div> <div style="text-align: center; margin: 5px;">  Salmon_Fish_Fingers.pdf </div> <div style="text-align: center; margin: 5px;">  Roast Potato Wedges.pdf </div> <div style="text-align: center; margin: 5px;">  Oaty_Salmon_Fishcakes.pdf </div> <div style="text-align: center; margin: 5px;">  Mediterranean_Fish.pdf </div> <div style="text-align: center; margin: 5px;">  Sweet Potato Wedges.pdf </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>
Activities	<ul style="list-style-type: none"> ▪ Welcome back and introduction to session (5 minutes) ▪ Recap of shopping list/2 week cycle <p><i>15 minutes</i></p> <ul style="list-style-type: none"> ▪ Community facilitator demonstration <ul style="list-style-type: none"> ➤ Cooking tips for busy people- Part 2 Store items and preventing food wastage ➤ Health benefits of oily fish ➤ Healthier homemade baking ▪ Food preparation (1 hour 25 minutes) Community facilitator demonstration- preparing and handling white/oily fish <p>At cooking stations Cooking, tasting and tidying up. Split group in to two. One group preparing following fish recipes and One group preparing following home baking recipes. Tasting/ discussion at end.</p> <ul style="list-style-type: none"> ✓ Salmon fish fingers or Oaty Salmon Fishcakes (oily fish) with wedges ✓ Mediterranean fish (white fish) ✓ Apple Triangles ✓ Bread and Butter Pudding ✓ Tutti Fruity Crumble

	<p><i>10 minutes</i></p> <ul style="list-style-type: none"> ▪ Close programme and evaluation
<p>Equipment Required</p>	<p>Posters</p> <ol style="list-style-type: none"> 1. Do's & Don't in the kitchen 2. Food Labelling Information 3. Food Shopping card <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 ▪ 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 <p>Additional Equipment</p> <ul style="list-style-type: none"> ▪ Flip chart paper ▪ Marker pens
<p>Speakers Notes</p> <p>Welcome back and introduction to session (5-10 mins)</p> <ul style="list-style-type: none"> ▪ Welcome everyone back to group ▪ Brief discussion around how group felt after previous week e.g. did anyone try the new recipe? <p>Introduce session</p> <p style="padding-left: 40px;">➤ Cooking tips for busy people- Part 2 Store items and preventing food wastage</p> <ul style="list-style-type: none"> ✓ Discussion points- (remember visual cues / flip chart hosting headings aids discussion and only highlights main points.) Following notes are to provide facilitator with comprehensive notes to aid group led discussion. 	

It is estimated that around a third of people's food budget is spent on convenience foods such as takeaway and supermarket ready-to-eat meals. There are many reasons why people are cooking less often. People's lives are busier; the two-income household can mean that neither partner has the time or energy to cook every night. There are also more people living alone, who often don't want to cook for themselves.

However, convenience foods are expensive and some are notoriously high in fat and salt. If you lack the time or motivation to cook, the following suggestions may be helpful.

Tips for your pantry – store items

You may be tempted to order takeaway if your pantry is bare and you can't face the thought of going to the supermarket. The secret is to stock long-life ingredients that can be combined in any number of ways to create interesting dishes. Suggestions include:

- ✓ Buy extra of long lasting vegetables like potatoes, carrots and onions, which can form the basis of soups or casseroles.
- ✓ Stock plenty of dried pasta, such as spaghetti, fettuccine, macaroni and spiral varieties.
- ✓ Keep a selection of other long-life carbohydrates like rice (stock different varieties such as white, brown, arborio and jasmine), Asian-type dry noodles, lentils and couscous.
- ✓ Use tinned tomatoes, tomato paste, tinned corn and other vegetables (look for 'no added salt' varieties) for pasta sauces, soups or casseroles.
- ✓ Stock a range of canned fish – for variety include tuna, salmon and sardines.
- ✓ Keep tins of legumes on hand (for example kidney beans, three bean mix, chick peas).
- ✓ Include canned and packet soups (look for 'no added salt' varieties).
- ✓ Have a stock of oils and vinegars including olive oil, sesame oil, balsamic vinegar and red wine vinegar. You can make a wide range of salad dressings or marinades with these ingredients if you include a dash of herbs and lemon juice.
- ✓ Stock dried herbs including basil, coriander, mint, thyme, oregano and mixed herbs.
- ✓ Useful condiments include tomato sauce, mustard, mayonnaise, relish, stock cubes, ready-made stock, soy sauce and chilli sauce.
- ✓ Dried goods to stock include pine nuts, curry powder, sun-dried tomatoes and shiitake mushrooms.
- ✓ Store a variety of nuts – these are a great meat alternative, especially in pasta or rice dishes.

Your freezer and fridge- Keep your fridge and freezer stocked with handy healthy food. For example:

- ✓ Buy frozen vegetables. Contrary to popular belief, these products retain a high proportion of their nutrients.
- ✓ Fresh crushed garlic and ginger are available in jars to keep in the fridge and fresh herbs are available in tubes to keep in the freezer.
- ✓ Citrus fruits like oranges have a long life when refrigerated.
- ✓ Fresh lemon and lime juice can be bought in bottles and stored in the fridge.
- ✓ Grated cheese can be sealed and stored in the freezer to increase its shelf life.
- ✓ When buying fresh meat, choose de-boned varieties. Divide the quantities into meal-sized portions and freeze separately.
- ✓ Buy red meat and chicken already sliced or diced or marinated.
- ✓ Buy bread in bulk and keep it in the freezer until needed.

Food wastage

Do you know?

- ✓ We throw away more food from our homes than packaging.
- ✓ In the UK, we throw away a staggering 7.2 million tonnes of food and drink every year, which has a collective value of £12 billion. More than half of this could be eaten, This wastage costs the average household around £480-£680 each year!
- ✓ What's even more shocking is that more than half of the food we throw way is perfectly edible. Most often it is because we either buy or cook too much for a meal or we haven't used it before the use-by-date on the packaging.
- ✓ The food items that we waste most are fresh ingredients: vegetables, salad, fruit and bread. If you store fresh fruit and vegetables in the fridge they will last much longer. Bread, on the other hand, lasts longer out of the fridge in a cool dark place, or you can freeze it and use it lice by slice.

Discuss tips to reducing food wastage and safe storage- recap:

- ✓ Write out menu for the week and use this as the basis for your shopping list- this will help stop you from buying ingredients that you are not going to use.
- ✓ If you buy bulk packs of meat or fish, separate them out into portions and freeze the ones you know you won't use before the use-by-date.
- ✓ Before you shopping, check your cupboards and fridge as there may be a few ingredients you could use in recipes.
- ✓ Check the use-by-date on the food before you buy it to give you plenty of time to use it before it goes off. Also check use-by-dates in fridge regularly too- if it is approaching its use-by-date and you know you won't get to use it, put it in the freezer for another time.
- ✓ Refrigerate all cooked food promptly- you could use the leftovers to make another meal or for lunch the next day. You could also freeze leftovers to eat at another time; this is great for when you are busy, just defrost in the fridge overnight and enjoy the next day. Cooked food left at room temperature for more than 2 hours, can cause bacteria to grow and could cause food poisoning.
- ✓ Freeze leftovers once they are completely cold by wrapping them carefully in plastic or store in bags or containers.
- ✓ Label leftovers with the date it was cooked: eat refrigerated leftovers within two days, and use frozen within one or two months.
- ✓ Reheat leftovers only once.
- ✓ For a delicious dessert that is cheap and can be a healthier alternative why not freeze yoghurts instead of throwing them away if near the use-by-date.

➤ **Health benefits of oily fish**

A healthy diet should include at least two portions of fish a week, including one of oily fish.

That's because fish and shellfish are good sources of many vitamins and minerals. Oily fish – such as salmon and fresh tuna – is also particularly high in long-chain omega-3 fatty acids, which may help to keep your heart healthy. Fish that is steamed, baked or grilled is a healthier choice than fried fish. Frying makes fish and shellfish much higher in fat, especially if they're cooked in batter.

Types of fish- Different types of fish and shellfish provide different nutrients.

Oily fish- Salmon, mackerel, sardines, trout and herring are all examples of oily fish. Oily fish are high in long-chain omega-3 fatty acids, which may help prevent heart disease and are a good source of vitamin D. Some oily fish contain bones that you eat. These include whitebait, canned sardines, pilchards and tinned salmon (but not fresh salmon). These fish can help keep our bones strong because they are good

sources of calcium and phosphorus. Canned tuna does not count as oily fish. Fresh tuna is an oily fish, but when it is canned the amount of long-chain omega-3 fatty acids is reduced to levels similar to those in other fish.

White fish- Cod, haddock, plaice, pollock, coley, dab, flounder, red mullet, gurnard and tilapia are all examples of white fish. White fish are low in fat, making them one of the healthier, low-fat alternatives to red or processed meat, which tends to be higher in fat, especially saturated fat. White fish can be a source of omega-3 fatty acids, but at much lower levels than oily fish.

Shellfish- Shellfish includes prawns, mussels, scallops, squid and langoustine. Shellfish are low in fat and are a good source of selenium, zinc, iodine and copper. Some types of shellfish, such as mussels, oysters, squid and crab, are also good sources of long-chain omega-3 fatty acids, but they do not contain as much as oily fish.

➤ **Healthier homemade baking**

As well as being an enjoyable activity, baking your own food helps you to control the amount of fat, sugar and salt you use. Processed foods such as shop-bought cakes and desserts are often very high in added sugar, salt and fat to increase their shelf life and to make them more palatable. It makes the food more energy-dense and eating just a small amount can provide us with lots of calories without making us feel full. Although we suggest making our own home baking or puddings as they are healthier versions of their standard counterparts, it is important to remember that they should still only be enjoyed occasionally, and not eaten every day. This is because cakes and desserts can be high in sugar and fat making them energy dense.

Tips for healthier baking

Try our top tips for healthier baking

- ✓ Blend white flour with wholemeal flour to increase the fibre content
- ✓ Use reduced- or low-fat versions of ingredients like sour cream, milk, cream cheese and yoghurt
- ✓ Use cocoa powder instead of chocolate for flavour
- ✓ Fruit purée, vegetable purée and plain yoghurt are good substitutes for fat in most recipes
- ✓ Use flavourings such as cinnamon, nutmeg and vanilla to add flavour without the calories of high-fat/sugar flavourings such as chocolate
- ✓ Use cooking spray to grease tins or try greaseproof tins and baking paper

Tips for decorating and serving

- ✓ Sprinkle a small handful of nuts on top of cakes or puddings instead of chocolate chips or sugary decorations
- ✓ Try decorating cakes with fruit (fresh, dried or tinned) instead of using icing, or lightly dust icing sugar over your cake using a sieve
- ✓ Serve smaller portions or make miniature versions of your favourite recipes
- ✓ Serve with low-fat yoghurt or frozen yoghurt instead of cream or ice cream
- ✓ Serve with fruit to add some colour, and to help you meet your 5 A DAY

- Food preparation (1 hour 25 minutes)

Community facilitator demonstration- preparing and handling white/oily fish

At cooking stations

Cooking, tasting and tidying up.

Split group in to two. One group preparing following fish recipes and One group preparing following home baking recipes.

Tasting/ discussion at end.

- ✓ Salmon fish fingers or Oaty Salmon Fishcakes (oily fish) with wedges
- ✓ Mediterranean fish (white fish)
- ✓ Apple Triangles
- ✓ Bread and Butter Pudding
- ✓ Tutti Fruity Crumble

Close programme and evaluation (10 minutes)