

## Community Nutrition

# Community Dietetic Health and Wellbeing Team

Winter 2020

## Welcome to our winter Newsletter

2020 has been a rollercoaster year of adjustment, learning and throwing ourselves into new ways of living and working!

**Throughout the pandemic food has been at the forefront of many of our minds**- healthy eating to support our immune system; safer food shopping; food hygiene; food storage; store cupboards; developing cooking skills; eating on a budget; using emergency food parcels and much more. Safe to say nutrition and eating well is as important as ever. It is also so important that we continue to circulate and spread good quality & evidence based info on these topics- **as nutrition tutors you have a key role in doing this and it is much appreciated.**

In July we were pleased to get feedback from 122 nutrition tutors regionally, on **nutrition education needs within their communities** (a summary of this work was recently circulated to you as tutors). We used this feedback to inform our work and are pleased to have produced resources to support you as tutors in the online delivery of Cook it!, Food Values and Goodfood Toolkit- **get in touch if you haven't already got access to the resources for programmes that you are trained in.**

A short information video has been produced on 'Brand versus budget'. You can access & share this video in your networks:

<https://vimeo.com/466141791>

Password: Budget

We recognise that not everyone has access to online programmes or materials. Check out the wide selection of **free printed nutrition information leaflets** and more at 'CRIS- Communication Resource Information Service'. You can now browse their selection & order at <https://crishealthinfo.co.uk/leaflets-posters/>

**In this newsletter** we are pleased to be able to showcase the **experiences of one of our tutors** when delivering **Food Values** online! You will also find articles on:

- \* Cut the cost of Christmas Dinner
- \* Top Tips to avoid the Christmas lbs
- \* The power of advertising

Save the date...

### Tutor networking!

At our recent tutor updates many of you said you would appreciate a space to informally network & share learning & experiences with other tutors.

We are pleased to be able to host this virtually on Friday 29<sup>th</sup> Jan 2021 am- we would love to see you there!! More details will follow.

**'Get cooking..making the most of your food parcel'** recipe book has been more in demand than ever. This resource aims to support those using emergency food parcels, to prepare more balanced meals using the ingredients. Please get in touch if you would like stock of this resource to give out to food bank users.

**HSC** Belfast Health and Social Care Trust

caring supporting improving together

### Inside this issue:

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**We're only a phone call or email away! Please don't hesitate to get in touch with any queries or questions.**

### Community Dietetic Health + Wellbeing Team

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### Cook it!, I Can Cook it! & Food Values:

[cookit@belfasttrust.hscni.net](mailto:cookit@belfasttrust.hscni.net)

### Good food toolkit:

[goodfoodtoolkit@belfasttrust.hscni.net](mailto:goodfoodtoolkit@belfasttrust.hscni.net)

### General enquiries:

[CDHWTeam@belfasttrust.hscni.net](mailto:CDHWTeam@belfasttrust.hscni.net)

Dietitians have been offering public nutrition webinars on a variety of hot topics since September, reaching over 300 people across NI. We hope you will continue to avail of and spread the word about these.

### Regional Nutrition Webinars - December

#### Introduction to solids

Wed 2nd Dec  
9.30-11am

Perfect for parents who are thinking about or have recently started introducing solids to their baby.

Sign up required. Register using the link below.

Link: <https://hhk-introsolids-dec.eventbrite.co.uk>

Thurs 10th Dec  
1-2pm

Learn about healthy eating and lifestyle habits if you are overweight and want to lose weight or if you are looking to support someone in losing weight. We will discuss portion control, snacking, alcohol and takeaways.

Link: <https://tinyurl.com/TTFW-Dec>

#### Eating Well As You Age



This webinar is for anyone who is interested in finding out how to eat well in later life. This could be for yourself, a relative or friend.

Thurs 17th Dec  
11-12noon

Link: <https://tinyurl.com/nutrition-olderadults>  
Passcode: 531965



#### Mealtime and fussy eating tips

Wed 16th Dec  
12-1pm

Tips from a dietitian on how to create healthier meal habits for the whole family, dealing with fussy eating and portion sizes for kids.

Link: <https://tinyurl.com/hhk-family>  
Passcode: 531965

# Healthier Christmas on a Budget

Christmas can be an expensive time of the year, but it doesn't have to be. Here are some ways to cut cost without cutting on quality and taste, to help you enjoy that Festive Feast. Some tips also promote a healthier dining experience this Christmas.

**Be Tactical** —Try not to abandon your usual shopping tactics during the Christmas season, remember to:

- ◆ Set a budget
- ◆ Make a list, and stick to it. Don't forget to check it twice!
- ◆ Before you buy, check your cupboards!
- ◆ Shop around for the best offers & deals on food



**Cook from Scratch** — It may take more time, but it can save you a lot of money. Buying pre-prepared dishes are convenient but can be expensive. This way you can control how your meal is cooked - making it a healthier choice!

Roast your potatoes in a small amount of vegetable oil rather than butter or other saturated fats.

**Be Organised** — Make some dishes ahead of time – Make that soup starter or dessert, chop all the veggies the day before. Make sure to enlist the help of your family!

**Plan Ahead** — cook in batch and freeze meals to serve for Christmas Eve and Boxing day. See below for suitable batch cooked dinners

Trim the skin from your turkey or remove the fat from your ham

**Save on Starters** — Cheap and Cheery starters: Try a seasonal soup or refreshing melon

Both count towards 1 of your 5 a day!

Ditch the sausage in your stuffing and add some nuts/seeds for extra crunch!

**Make it yourself!** - Make your own stuffing with some store cupboard essentials. All you need is - half an onion, butter, mixed with bread whizzed in food processor and lots of fresh (or dried) sage. Bind together with an egg, and season.

Gravy can easily be made from scratch – Use the leftover juices from the roast, whisk in spoonful of flour to thicken, bring to simmer with water from your boiled veggies and add a stock cube—remember to opt for a 'low salt' labelled stock cube

Ditch the shop bought cranberry sauce and make your own with real cranberries.

Cutting down on cost and added sugar - which can be found in some shop bought sauces

**Love your leftovers** - A turkey curry or turkey sandwiches the next day often go down well or try make a stock for soup from the turkey carcass. See below Love Food Hate Waste Website for some Winter Warmer Recipes to use up those leftovers

**Spread the cost** — Christmas is a time for giving and sharing, so don't be afraid to share the load. If you are hosting, ask your family to contribute a side dish or dessert.

Try to remember what Christmas is really about - spending precious time with your loved ones.

Have a safe and Healthy Christmas with SafeFood:

<https://www.safefood.net/christmas>

That's priceless.

Online Recipe book with dinners suitable for batch cooking:

<https://www.safefood.net/101-square-meals-cookbook>

Love your leftovers and avoid waste:

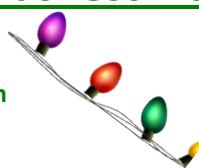
<https://www.lovefoodhatewaste.com/>

## Take some time to enjoy the Christmas festivities

- Get out in the fresh air and enjoy a walk or trail in your local area with your family



- Get cosy with a Christmas Classic Film

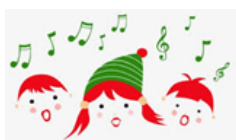


- Get out and about and explore the local lights display within your community

- Enjoy a Festive Soundtrack



- Host a virtual Christmas carolling party with relatives and friends on Zoom

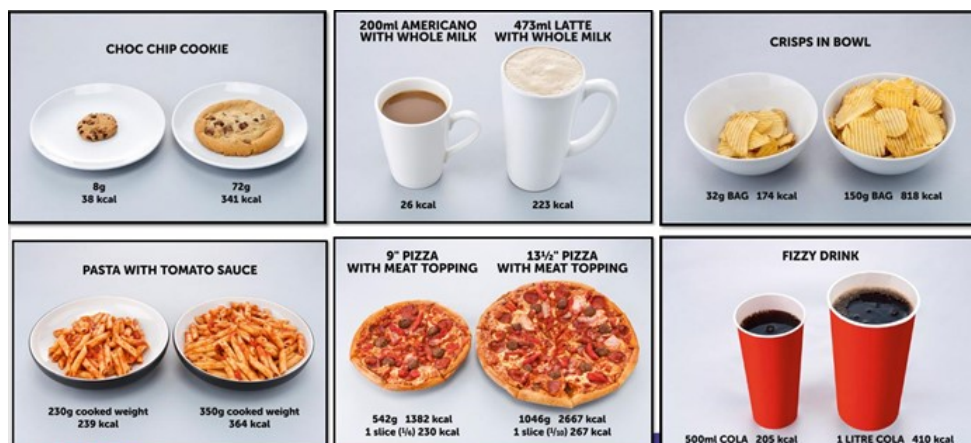
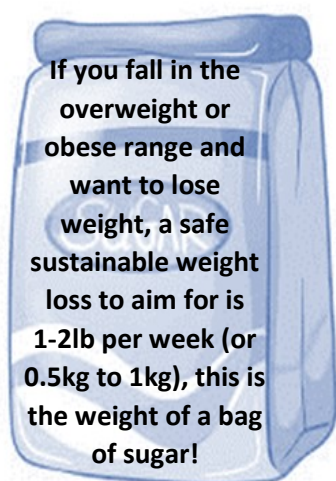




# Avoiding the Christmas lbs

This Christmas, more than ever, we may be more at home around the table and less out and about. The shorter days and cold weather can result in reduced physical activity. This combined, with comfort eating and over indulging at Christmas can make this time of year difficult for those struggling to manage their weight. Christmas is of course a time for enjoyment and food is often a big part of that. The festive season is unlikely to be a good time to think about wanting to reduce your weight but certainly there are ways of enjoying the festivities and reducing unwanted weight gain.

A healthy weight is a BMI between 18.5-24.9kg/m<sup>2</sup>. To find out where you fall, use the NHS BMI calculator: <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>



An extra 100 Calories a day could result in 10lbs of weight gain a year! This is equivalent to half a mince pie, 3 chocolate sweets or 3 after dinner mints.

Portion sizes and availability of energy-dense snack and fast foods have increased. Research shows people tend to eat almost all of what they serve; therefore, controlling portion sizes can help prevent overindulging.

## Portion Control

- ◇ Check food labels for recommended serving size
- ◇ Use smaller dinnerware to unconsciously reduce your helping and prevent overeating
- ◇ Eat with awareness - sit down and eat slowly without distractions to register fullness.
- ◇ 20 minute rule - wait before reaching for seconds. It can take time for your brain to register you are full. Finish your meal with fruit instead of chocolate. An apple will fill you up more than a couple of squares of chocolate, but both contain similar calories.
- ◇ Don't pick at leftovers - plan to use these up in another meal or package away leftovers before sitting down to eat.
- ◇ Don't double your carbs - use your plate as a guide. Fill your plate with half vegetables, a 1/4 protein and a 1/4 CHO.
- ◇ Over time portion sizes can creep up again (check using scales/household measures and bulk up your plate with veg).

### Managing Snacking:

- ⇒ Adopt a regular meal pattern with balanced meals
- ⇒ Use distraction techniques
- ⇒ Use non-food rewards
- ⇒ Stay well hydrated
- ⇒ Pre-prepare fruit and vegetables
- ⇒ Out of sight, out of mind – limit treats in the house



1 STANDARD GLASS OF WINE  
175ml / 12%

131 KCAL

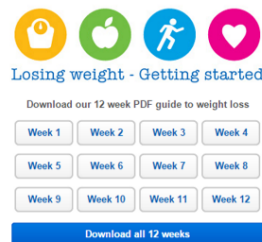


1 PINT OF BEER  
570ml / 5%

187 KCAL

Beware of liquid calories - alcohol is high in calories and dissolves good intentions. Stick to your units and spread over 3 or more days with several alcohol free days. To cut down on calories why not try:

- ⇒ Sugar free/diet mixers – e.g. slimline tonic, diet sprite
- ⇒ Having smaller glasses



Many diets promise quick results but are often unrealistic and nutritionally inadequate. It's important to remember, there is no quick fix, weight loss is hard but with the right help and support you can do it. To find out more or for a free 12 week weight loss guide to kick start your journey visit: <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>  
Join the weight loss support forum at: <https://healthunlocked.com/weight-loss-support> to get ideas and learn from others.

## Julie Jamieson

### ***What is your organisation? Whom did you deliver the nutrition programme to? How did you access the group?***

New Lodge Duncairn Community Health Partnership (NLDCHP) are a small Healthy Living Centre based in North Belfast. We were fortunate to be leading on the Community Food Initiative for the Belfast Trust area and were also involved in the Transform your Trolley Campaign, so funding for programmes was already covered. As a result of the pandemic unemployment more than doubled in the period Mar-May 2020, food poverty has become part of our everyday parlance and no longer simply the last resort of the homeless or marginalised. We reached out to school and community partners to recruit for a number of remote programmes, and since July 2020 we have delivered 4 programmes to over 54 families.



### ***How did you organise your remote nutrition programme?***

We delivered our first remote food values programme in July 2020. This programme seemed a better fit for the families we work with because of the budgeting tips it outlined. We recruited through local primary schools, the Connected Community Care Hub, Family Support Hubs and St Vincent de Paul. A sessional member of staff developed 4 video clips of 101 Square Meals recipes (2 vegetarian and 2 meat), we pulled together a range of links and activities to share with participating families via email and set up a whatsapp group facilitated by a staff member and sessional worker so participants could share pictures of their cooked meals, encourage one another and staff could respond to any questions posed. Each participating family received/collected a family sized bag of recipe ingredients on a nominated day each week and over time there was a bit of a race to see who could get their pictures on the whatsapp group first!

### ***Did you have any initial fears and if so how did you overcome these? Did you learn anything from the experience- any new skills developed?***

Initially we struggled about how to progress things, we knew that from the lockdown support we had been involved in, that families were struggling with food poverty in a way we had never seen before— and those who were working and managing prior to lockdown became the “working poor” as the restrictions persisted. Our first programme commenced at the end of July with staff members shopping for 10 families following COVID guidelines, ensuring families were aware of the need to sanitise the items before putting them away - a packet of antibacterial wipes was included with the first delivery for ease of convenience. After the first programme we didn’t look back as the referrals came though, we honed our shopping skills securing home delivery slots for the dry goods and ordering fresh goods from local butchers and fruit & vegetable retailers for collection. In this way, although time consuming for staff involved in shopping, packaging and delivery, we felt we were exploring new opportunities and doing our bit for the local economy at the same time.



### ***Did you receive support from the dietetic team?***

More recently it was great to get to grips with the virtual webinars devised by the Dietetic Team, and whilst it has been difficult to get all participants onto a zoom call-many still struggle with the technology- we use the links to send out the activity sheets and exercises and staff facilitating the whatsapp group take participants through these activities. We have also had loads of support from both Serena who facilitated our staff healthy eating on a low budget session back in September, and Rachel who has just facilitated a more recent session with programme participants, and reflected the need for more information on freezing, storing and defrosting food within that session to a very grateful audience, staff included. We have also benefitted from resources that we have been able to distribute to our participating families.



### ***What do you think your group got out of the programme?***

Families get so much out of these programmes; the old adage “Give a man a fish and you’ll feed him for a day, teach a man to fish and you feed him for a lifetime” is so true. Families were working their way through the recipe books, trying out different meals and each week staff were hearing of their triumphs and sadly some epic fails- but thankfully no one was put off!

## Resources!

If you are planning to deliver a nutrition programme soon please let us know as we have a range of resources including aprons, measuring spoons and recipe books which you can give to your groups. Unfortunately, we only have limited numbers of these resources so they will go on a first come first served basis. Don’t miss out!



# Orange and Cranberry Biscuits (Serves 14)

100g instant oats

90g whole wheat flour

1 ½ tsp baking powder

¾ tsp ground cinnamon

¼ tsp salt

1 tbsp orange zest

30g unsalted butter, melted

1 large egg

1 tsp vanilla extract

12g sweetener

120ml orange juice

50g dried cranberries, diced



1. In a bowl, mix the oats, flour, baking powder, cinnamon, and salt together. Then mix in the zest.
2. In a separate bowl, whisk together the melted butter, egg, and vanilla extract. Stir in the sweetener and orange juice. Add in the oat mixture, stirring just until mixed. Fold in the cranberries.
3. Place the biscuit mixture in the fridge to chill for 20 minutes.
4. Preheat the oven to 160°C, and line a baking tray with some baking paper.
5. Using a spoon, drop the biscuit dough into 14 balls onto the lined tray. Flatten to the desired thickness and width using a spatula. Bake at 160°C for 9-11 minutes. Cool on the tray for 10 minutes before turning out onto a wire rack.



## The power of advertising



At a recent Safefood event, research was presented by Dr Mimi Tatlow-Golden, co-author of:

*"Who's Feeding the Kids Online? Digital food marketing to children in Ireland: Advertisers' tactics, children's exposure and parents' awareness (2016)"*

Dr Tatlow-Golden highlighted that **advertising has a profound impact on our children** and is a major factor contributing to rising obesity levels. Research shows, from a list of 117 high selling brands with a presence on social media, those having the greatest reach among 13-14 year olds in Ireland were Coca-Cola, McDonalds, and Tayto.

Teens **looked longer at non-food and non-healthy food ads** compared with healthy food ads, **eating more after exposure** to unhealthy food ads compared to non-foods or healthy food ads. Teens were significantly more favourable to peers when they had non healthy food in their social media feed. They are also **more likely to share** posts about non-healthy food and non-food posts than healthy food posts, suggesting they associate their identity more with non-healthy foods.

Evidence also suggests children are **less able to recognise when they are being influenced** which may contribute to children not appropriately weighing up the costs and benefits of their choices.

To listen to all the presentations and find out more go to:

<https://www.safefood.net/professional/events/the-hidden-influencer-tackling-marketing-of-unheal>

<https://www.tandfonline.com/doi/abs/10.2501/IJA-30-2-329-350>

Of course to effectively tackle this issue, change is required at a governmental level to tighten control of marketing. However, we are not powerless in this battle, in the meantime, to reduce the impact of advertising we can:

- ⇒ Use social media to **spread the word** about nutrition programmes, evidence based healthy eating information and healthy recipes
- ⇒ **Promote and share** healthy food ads where you can
- ⇒ If able, select '**I would like to see less of this**' option on non-healthy food ads
- ⇒ **Spread the word about the potential negative power** of advertising and 'influencers' on health
- ⇒ **Call on regulators and government** to put strategies in place to protect and restrict marketing of non-healthy foods to our children

