



Edinburgh



Cyrenians

tackling homelessness
and promoting community

good food

**in tackling homelessness
handbook**

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Second Edition



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Foreword

Good Food in Tackling Homelessness Handbook

It was 1976: the year before the Winter of Discontent and the first Homelessness Act. Late every evening, at about 11 p.m., a motley band of volunteers picked our way across the warehouse floor that served as an unforgiving mattress for dozens of homeless people sheltering in the old Marmite Factory in Vauxhall, South London. Under the leadership of Father Paul we gathered around steaming cauldrons in the kitchen to prepare the 'soup' that we were to take out around the sleeping streets of London; the Embankment gardens, under Charing Cross Bridge, by the heat vents at the back of the Ritz Hotel... The main ingredients were unlabelled cans donated by a company with many varieties and it was pot luck as to what was in them and what went into the soup. "As long as it's hot and delivered with a smile," Father Paul would say.

I'm glad to say that provision to tackle homelessness has improved hugely in the two and a half decades since I was a volunteer with the St. Mungo Soup Run. Scotland has progressive legislation on homelessness, the mass hostels and lodging houses are gone or going, there are more and better linked support services and there is a general understanding that tackling homelessness effectively involves tackling poverty, unemployment and health issues as well as providing a roof. It is exciting to be part of this general improvement.

This **Good Food in Tackling Homelessness Handbook** is aimed at people involved in homelessness provision. It offers the chance to look around at what you are providing and how you are using food in your service to promote a sense of health and well-being in your clients and to reflect on the things you could do to enhance or improve this. It provides prompts and ideas and signposts to other resources that can be used to improve food policy, provision and practice in accommodation and day care centres.

Food matters! As Aristotle the philosopher said, 'You are what you eat.' We all can relate to the warm, beneficial feelings of health and well-being associated with enjoying good food that is well presented in pleasant surroundings and in company. Most of us will also know the low energy, stress and feelings of distraction or depression that come during those periods when we don't stop and eat regularly or sufficiently. A period of poor diet also exacerbates any ills we have and weakens our immune system, making us more vulnerable to ill health.

Our clients are the very people who are most in need of the therapeutic effects of good food and are most at risk from its absence. This being the case, we should look at food as a great opportunity to offset some of the damaging consequences of being homeless and a brilliant opportunity to promote all aspects of health and well-being.

The nutritional value of food in powering our minds and bodies and maintaining basic well-being is a crucial part of this campaign. Research has found that a shocking 70% of long-term homeless people show symptoms of malnutrition. We have a significant challenge to ensure that all homelessness services in Scotland can offer and encourage service users to take up a nutritious, varied and enjoyable diet.

Food is more than nutrition. In the monastic tradition the first thing offered to the stranger at the gate was a meal. Food is an opportunity to offer hospitality and to convey messages about how we value people.

Personally, I would urge everyone involved in homelessness provision to look at how good food can be accessed and used creatively to combat the poor health, low self-esteem, isolation and loneliness that are endemic to homelessness. Looking back to my Soup Run days, the smile was probably healthier than the soup. Things have progressed and all of us concerned with homelessness in Scotland can now do something more to improve access to good food and to use it as an effective part of tackling homelessness.

Des Ryan

Director
Edinburgh Cyrenians
October 2004

“Food is one of the greatest forms of pleasure; this project finds its pleasure in sharing the experience with all”

Gary Rhodes April 2000

Edinburgh Cyrenians

Good Food in Tackling Homelessness

Edinburgh Cyrenians Tackling Homelessness.....Promoting Community

Edinburgh Cyrenian Trust is an independent charity providing innovative help to hundreds of people a year whose lives are blighted by homelessness and poverty as well as working with all parts of the community to eradicate homelessness and promote social inclusion. Cyrenians aim to:

- provide practical helping services for people who are homeless and to prevent people becoming homeless
- support people in using opportunities to resettle: to build and maintain a successful lifestyle away from homelessness, unemployment and poverty
- inform the public about homelessness, promoting a kinder, more inclusive community and to work with others – national & local government, public & private sectors & other NGO's – to develop strategies that will end homelessness

Over the past 36 years we have developed a comprehensive strategy and a range of inter-connected services aimed at tackling all aspects of homelessness and enabling people to progress to a better life. Our help is offered with respect for the dignity of each individual and is provided in a holistic manner, ensuring that people have the best chance of finding real and lasting solutions to their problems.

Our Good Food in Tackling Homelessness programme has developed from frontline provision at the Cyrenians' Farm and, more recently, through association with the FareShare franchise.

Edinburgh Cyrenians' Good Food in Tackling Homelessness programme

- Improve access to good food
- Enable homelessness services and service users to make the best use of good food to improve all aspects of health & well-being
- Enable people to enjoy the health and social benefits of good food as part of a lifestyle away from homelessness

FareShare Edinburgh & Lothians

food redistribution scheme operating as part of a franchise with FareShare UK, improving food access for homelessness services in Edinburgh and West Lothian

Cooking at Home

specialty developed models for small group learning for clients who are homeless and preparing to move into their own homes

Improving Provision and Practice

comprehensive action plan funded by the Scottish Executive to promote good use of food by homelessness providers to tackle all aspects of homelessness e.g.

- *food consultancy*
- *food forum & network*
- *resettlement module*

How to use the Handbook

This Handbook is for use by people involved in homelessness provision and resettlement. It is divided into four sections.

Section 1:

Ideas for Improving Food Access and Using Food to Promote Health and Well Being

This section offers ideas, suggestions and resources for services providing for people who are homeless. We are looking to gather and disseminate ideas and examples from providers in Scotland. If you have an offer for inclusion in the next edition of the Good Food in Tackling Homelessness Handbook, please email Jeanie@cyrenians.org.uk or write to Edinburgh Cyrenians, Health Improvement Services, 84-86 Jane Street, Leith, Edinburgh EH6 5HG.

Section 2:

Running 'Cooking at Home' Workshops

This can be used as a guideline by anyone who wishes to instruct a small group in the basics of learning how to cook simple meals. It is specifically aimed at those working in hostels, drop-ins or any agency involved with helping homeless people. It is an easy-to-follow guide and you don't need to be a catering professional to deliver it. However, we recommend that you undertake an Elementary Food Hygiene Course before you start. This apart, all you need are good basic domestic experience of preparing and cooking food, communication skills and patience.

Section 3:

Information sheets for use with 'Cooking at Home' Workshops

This section contains information on such matters as hygiene, kitchen safety, food storage and suggested store cupboard ingredients. The sheets can be copied and handed out to the participants at the beginning of each class – perhaps one topic per week. It will help greatly if you are able to incorporate discussion around the various topics and practical experience during cookery classes.

Section 4:

Recipes

These are tried and tested recipes from various sources. They have been compiled for nutritional value and for ease of timing in class. They can be photocopied each week and a copy given to each participant. (Recipes and handouts are available on www.cyrenians.org.uk Health Improvement Services).

Each of the sections can be used on its own. However, using all three sections together will have the most value. We would encourage you within your busy day to give consideration to the real benefits gained from promoting healthy eating and basic cookery skills and inspiring your client group to become involved in this process. The confidence and skills gained by those accessing 'Cooking at Home' Workshops will be a major factor in respect of a client's moving away from a life of homelessness.

SECTION 1

IDEAS FOR IMPROVING FOOD ACCESS AND USING FOOD TO PROMOTE HEALTH AND WELL BEING

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A Matter Of Policy

One way of getting people in your organisation to think about issues to do with **Good Food in Tackling Homelessness** and how to gradually improve practice and provision is to develop a Food Policy.

A **Food Policy** is simply a statement by and for all involved in your service about why food is an important issue, the basic standards you expect and aspirations for how this part of the service is intended to develop.

A Food Policy is best developed through discussion with everyone who will be involved in its delivery and with service users. Once established it provides a reference point for people to relate practice to and to use in induction, training and reviews. It will also enable you to reflect on areas in which you want to improve, and help to get the extra resources you need.

Whilst it needs to be your agency's policy, there is no need to start with a blank piece of paper. Organisations that are registered with the Care Commission, for example, will already have some statement relating to minimum standards of provision. Here are a few examples of the sort of thing that might be included: (you are free to cut and paste!)

Sample Food Policy

Statement of Intent

We recognise that food is an important part of life for all of us and that people who are homeless do not have the same opportunities as others to obtain and enjoy a healthy, varied and enjoyable diet. We acknowledge that good food enjoyed in a relaxed and pleasant environment is an experience that is beneficial to all aspects of our health and well-being and we strive to make this experience available to those who need its benefits most: our clients. We are committed to improving our provision and practice in this area. To make this improvement we will consult with our managers, staff, volunteers and service users and establish objectives that will be regularly reviewed.

Policy Commitments

- We undertake to consult on a regular basis with service users about their needs and preferences and their views on the food services received and to act on feedback
- We will ask, record and – where at all possible - act on the stated preferences, cultural or religious needs and medical dietary requirements of service users
- Our facility provides residents with one well-balanced meal daily, either on site, or readily accessible off site, or by providing do it yourself food preparation facilities
- Our facility provides food buying and menu planning by a staff member, consultant or volunteer knowledgeable in nutrition
- Staff / volunteers use positive, helping relationships to appropriately promote healthy eating

The following points also apply to **self-catering provision**:

- Our facility has made adequate provisions for the sanitary storage and preparation of any food provided
- An external inspection is undertaken at our facility periodically and requirements and recommendations acted upon

Objectives for the period (date)

SMART objective	Action by	Achieved by
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
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<input type="text"/>	<input type="text"/>	<input type="text"/>

Date of policy establishment Date for Review

Getting More Good Food

Access to good food is an essential ingredient in combating the physical, mental and emotional effects of homelessness.

If it is possible to involve your service users in menu planning, food ordering and shopping, this might help you to free up your routine food budget to enable variation without waste.

In services that provide meals food budgets are often tight and offer little scope for experimentation. Staff time is often limited. For many providers, large scale catering means buying in bulk and sticking to the tried, tested and affordable.

Both services that provide meals and those that are self-catering can take action to improve availability and uptake of good food by clients.

Food Re-distribution

Tapping In to Local Schemes

There may be schemes operating in your area willing to extend their help to providing you with supplementary food. Local churches often organize collections of tins and dried goods, especially around the Christian festivals. If you have clients from a variety of faiths it is worthwhile contacting their meeting places to advertise your need.

Scottish Community Diet Project (www.dietproject.org.uk) has an excellent website and also produces the Directory of Community Food Initiatives covering the whole of Scotland. Check for local community food initiatives via the Scottish Community Diet Project (0141 226 5261).

Other local groups, e.g. WI, WRVS, Rotary Clubs (etc) may also organise collections that your clients can benefit from. These can be located via local directories, although it is always most productive to find a local member as a contact. Talks to local groups such as schools and community organisations can also result in involvement.

It is sometimes difficult to say 'no' when offered a donation of food, but if it is not safe, not up to standard or excessive to your needs, it is better to explain to the donor why such a donation is unacceptable. Do not take excessive amounts and expect it to last forever. The health risks can be growing in your store!

Grow Your Own

At Edinburgh Cyrenians we have long seen the many benefits at the Cyrenians' Farm of clients being involved in growing their own food.

Many service providers will have a garden area that can be used for growing food. It might only be on a small scale but the process of growing things can be therapeutic and people are more likely to eat and enjoy food that they have been involved in growing. Some of your clients have gardening knowledge and skills that they can pass on to others (including staff!).

More ambitiously, it may be possible to obtain a nearby allotment. Signposting to getting an allotment near you is available through:

http://www.bbc.co.uk/gardening/htbg/go_further_allotments.shtml

FareShare

Pre-eminent amongst re-distribution schemes is FareShare – a model devised by the national homelessness charity, Crisis, from 1994. From 1999 the model was rolled out to the rest of the UK by Crisis as a social franchise. This method of delivery means that the service is delivered locally by local homelessness agencies but with these using a common operational manual to ensure the integrity of the service standard wherever it is delivered. Since July 2004 a new charity, FareShare UK, has been established to take over the national management and development of FareShare.

Edinburgh Cyrenians operate FareShare Edinburgh and Lothians franchise (since 1999) as part of our Good Food in Tackling Homelessness programme. Following this Dundee Cyrenians has established the franchise operation in Dundee and Tayside and has more recently become the development agency for the FareShare franchise in Scotland.

FareShare franchises access a network of over 100 retailers and wholesalers, which regularly donate surplus fresh food. The food is either collected in refrigerated vans or delivered direct to a FareShare depot where it is sorted and distributed to hostels and day centres according to their needs. All food-handling procedures comply with strict food hygiene legislation.

All projects registered with FareShare must have a member of staff trained in basic food hygiene. FareShare regularly inspects premises to ensure satisfactory standards and recipient projects sign an agreement confirming that all donated food will be stored and prepared correctly.

FareShare Edinburgh & Lothians, Edinburgh Cyrenians, 84-86 Jane Street, Leith, Edinburgh EH6 5HG Tel 0131 554 3900 www.cyrenians.org.uk

FareShare Dundee and Tayside, Dundee Cyrenians, Unit K, Hawkhill Court, Mid Wynd, Dundee DD1 4JG Tel 01382 200040 www.cyrenian.co.uk

FareShare UK, Tower Bridge Business Complex, Unit HO4, 100 Clements Road, Bermondsey, London SE16 4DG Tel 0207 3942468 www.fareshare.org.uk

Using Food for Promoting Health

Staff and volunteers in hostels and day centres don't need to be health experts to spot simple ways in which the provision of food and drink can be altered to reduce some of the health problems commonly associated with homelessness and to promote better health and well-being. Often these problems are compounded by use of alcohol or drugs.

Frequent health issues experienced by people who are homeless	Practice tips
Not able to sleep at night	Does the hostel provide attractive caffeine free alternatives to tea / coffee in the evenings? Milky drinks are especially beneficial. Alcohol is not a good idea because it acts as a stimulant.
Frequent headaches / tension	Is drinking water readily available? Headaches are sometimes related to dehydration. Excessive salt can cause dehydration, leading to tension / headaches (as well as other health problems)
Constipation	Do meals / available snacks contain sufficient fibre? Make fresh fruit available. Uptake will be improved by (e.g.) pre-peeling oranges, slicing apples.
Unable to eat / digest a meal	Use a blender to provide nutritious juices and soups from fresh fruit and vegetables. Take advice on recipes and concentrations.
Unintended weight loss	Although obesity is a growing problem for the population at large, clients who have been homeless for some time are more likely to be below their ideal weight particularly if they have been taking alcohol and drugs instead of food. They often need nutritious calorie-rich food.

Many front-line staff have a very positive helping relationship with clients without being or attempting to be health experts. Staff can play a key role in many areas of health promotion and in sign-posting and assisting clients to make use of mainstream health services. With regard to eating habits this front-line helping relationship can be used to (for example):

- Find out if and why eating is a low priority. Evidence from a recent report¹ suggests that most service users want good food and to eat well. What then are the barriers and what can be done to overcome them?
- Incorporate eating habits, cooking skills and budget management into assessments, care plans and personal reviews and build this into life skills training and support; e.g. going shopping together, assisting in cooking a meal
- Monitor eating habits and intervening if there is evidence of neglect. This might be a symptom of other underlying problems, such as poor mental health or physical problems
- Help to identify possible eating disorders, like anorexia and bulimia, and refer or accompany people to specialist help
- Discuss weight issues and offer regular weighing sessions
- Help people to identify and meet special dietary needs
- Within the service, promote nutritional balance in food provided on site or purchased by residents
- Promote awareness of healthy eating to fellow staff and volunteers and encourage staff/volunteers to model good practice to the clients.

Comments from participants of Cooking at Home Workshops:

"I cooked a good meal at the weekend and had some cabbage – I've not had cabbage for about eight years"

"I am more confident with food – I cooked the lasagne for my Mum and she said it turned out good".

"I now eat more fruit and vegetables than I did before"

"Thanks I enjoyed myself"

"I really enjoyed the tuna and pasta bake and made it again when I got home and shared it with my neighbour"

¹ *'Struggling to Eat Well: Homelessness & Healthy Eating' Housing Justice (report from info@housingjustice.org.uk)*

Using Food for Promoting Self Esteem

Low self-esteem and a sense of hopelessness are common among people experiencing homelessness. These feelings can in turn increase the likelihood of people not taking care of themselves or engaging in behaviour that will further undermine their health and well-being. Food presents opportunities for staff/volunteers to communicate a message to clients that they are cared for, acknowledged and valued.

“The people at the Centre had a birthday cake made up for me. I didn’t know that anyone knew, much less cared. I don’t mind telling you, I welled-up. It made me think that if people cared about me I ought to care a bit more about myself.”

This testimony from the Cyrenian archives illustrates the way food can be used to alleviate some of the feelings of loneliness, isolation and low self esteem endemic to homelessness. Here is a short list of practice points that can influence an improvement in self esteem and deepen the helping relationship:

Acknowledge people

Ask clients what foods they like and seek to meet these
Consult clients about their enjoyment of the meals provided, acting on the feedback

Involve people

Consult, where possible, about menus
Bearing in mind health and safety issues, is it possible to involve clients in the buying, preparation or serving of food?

Celebrate together

Clients are vulnerable to feeling low on birthdays, Christmas or other times when kith & kin would be traditionally gathering around the meal table: services can help by providing celebratory cakes, special meals (etc)

Five a Day

Many deficiencies could be met by incorporating fresh fruit and vegetables into the diet

Other Useful Contacts to Explore

There is a wide range of guidance, support, and information available on homelessness and diet issues. The following is by no means a complete list, but hopefully some of these links will help signpost you in the right direction to find out more.

As a starting point think local. To find out what is already taking place in your area, make contact with key groups, agencies and individuals working on community food issues. Key members of staff within your, local health promotion department, community food initiative and local authority should be considered in your initial search. You should be able to find these agencies' numbers in your local phone book or by following some of the links listed below.

Community Food Specialists

Within each NHS Board area across Scotland, there will either be one or a number of staff working on community food issues. Get in touch with your NHS Board to find out who they are. The range may well include community dieticians, public health nutritionists, and health promotion specialists with a responsibility for nutrition, and other members of staff with a food remit. They might not be working on homelessness and food issues when you contact them, but they should be able to let you know who is, and put you in touch with other projects and resources within your area, or indeed further afield.

To start your search off, find out more information about your local NHS Board contacts and its activities by visiting Scotland's Health on the Web:
<http://www.show.scot.nhs.uk/>

For further useful information about health contacts locally and further afield, contact the Health Education Board for Scotland. Tel: 0131 536 5500 or:
<http://www.hebsweb.com/services/data/index.htm>

Local Health Care Co-operative Public Health Practitioners

It is also worth finding out details of who your local public health practitioner is. S/he will be attached to your area's local health co-operative, and should be able to advise you of further useful links and contacts. Find out who your local public health practitioners are by either approaching your local GP, phoning your local NHS Board or by following the link below for the Public Health Institute for Scotland (PHIS), which will be able to provide you with more information. Visit the website to find out more: <http://www.phis.org.uk/skill/sub.asp?p=DDA>
Tel: 0141 300 1010

Other NHS Board Contacts

NHS Boards often have staff members designated to work with the homeless community, and indeed following a recent Government recommendation, all NHS Boards in Scotland will have a dedicated Health and Homelessness Co-ordinator and Action Plan. To find out who your area contact is, contact the Scottish Executive Homelessness Team at: (email) health&homelessness@scotland.gsi.gov.uk or visit the web pages: www.show.scot.nhs.uk/sehd/healthandhomelessness/contacts.htm

Scottish Local Authority Contacts

Each Scottish Local Authority now has designated staff working on health improvement issues. To find out who is in post for your area, either contact your local authority directly (try your local phone book). Alternatively, contact CoSLA (Convention of Scottish Local Authorities) to find out how to get in touch with your local council by using the following web link: <http://www.cosla.gov.uk/councils.asp?leftid=10001891C-10766746&rightid=10001891C-10771016&hybrid=false>

Healthy Living Centres

If you live near a Healthy Living Centre, make contact to see where homelessness and diet fits onto its agenda. To find out if there is a healthy living centre in your area, contact the New Opportunities Fund. Web link: <http://www.healthyliving.gov.uk>
Help line: 08452788878

Community Food and Health Projects

Community food and health projects actively address diet and homelessness issues in a variety of ways. To find out what is available locally, visit your local library and community centre as many produce local information directories or hold databases of local groups. Other sources of information about voluntary groups in your area can be accessed via CSV Scotland (<http://www.cvsscotland.org.uk/locations/index.htm>) and Volunteer Development Scotland (web link: <http://www.vds.org.uk/>)

The Scottish Community Diet Project (SCDP)

Is a Scottish Executive funded initiative and aims to support local communities across Scotland tackle inequalities in food and health. It is a further source of information about community food initiatives tackling food and homelessness issues across Scotland. To find out more about its work and how it may be able to help you, visit its website: www.dietproject.org.uk or Tel: 0141 226 5261 or email: info@scotconsumer.org.uk

In conjunction with the Health Education Board for Scotland, the SCDP has produced a Directory of Community Food Initiatives, which includes key food contacts across Scotland. SOURCE, a guide to funding for community food projects, has also recently been produced by the SCDP. To get hold of a copy of SOURCE or the Community Food Directory, please get in touch with the SCDP at the contacts listed above. SOURCE is also available as a PDF file and can be accessed at this link: <http://www.dietproject.co.uk>

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Running a Cooking at Home Workshop

This is based on an eight week course although it can be longer or shorter as required. There is one two hour class per week and a set of tried and tested simple easy-to-cook recipes (see Section 4). Alternatively, you may want to use your own recipes or in time incorporate favourites suggested by your clients.

Each participant prepares and cooks their own meal from scratch. At the end of the class everyone sits down together to eat the meal they have cooked.

The course does not specifically cater for vegetarians but a few of the recipes are suitable and the rest can be adapted. The classes are for four people and each recipe will feed two people. It is very useful to have an assistant (volunteer) helping you (the supervisor) each week, depending on the needs of your clients.

Suggested recipes used each week

(this is just an example, see Section 4 for more recipes)

Week 1: Leek and potato soup/Bread and butter pudding

Week 2: Chilli con carne/Apple crumble

Week 3: Chicken/Vegetable curry and accompaniments

Week 4: Fish pie/Fresh fruit salad

Week 5: Mince and tatties/Baked bananas

Week 6: Sausage casserole/Bananas and custard

Week 7: Macaroni cheese/Baked apple

Week 8: Stir fry/Trifle

You may not want to attempt both main course and pudding in one session with some groups. Try and assess the group's capability and time available.

Other recipes are introduced from time to time. For an update see Cyrenians' website: www.cyrenians.org.uk, Health Improvement Services, Recipes. There are also daily recipes on the Scottish Executive's website: www.healthyliving.gov.uk and an excellent recipe book produced by the Cookwell Project, University of Dundee.

Although the combinations above work well for preparation times and complementary nutritional value, you can mix and match the menus to suit your clients' preferences. You do not need to be an expert cook, dietician or teacher to deliver the course.

Before you start, it is essential that you attend a one day Elementary Food Hygiene course. These are run by the Royal Environmental Health Institute of Scotland and cost approximately £45 - £60 (Contact your local College – in Edinburgh, Jewel & Esk Valley College, Stevenson College, Queen Margaret University College). In addition, read up on the basic hygiene, safe food storage and other handouts in Section 3 of this pack, so that you can pass on practical tips during the course.

Ideally your group should have no more than four people. You will not be delivering a lecture but do explain at the beginning of each class what you are going to do and in what order and why. It is often useful to give a short demonstration, for instance of how to chop an onion or prepare a leek. Some people may not have done these things before or be unsure of what you expect of them. Others may well have cooked before but just want to improve their confidence and gain ideas – try and assess the situation and capabilities of your group. It is important to let each individual attempt to do things for themselves – i.e. resist the temptation to stir their bolognaise when you see it getting dry, but suggest they do!

Before the classes start, you will need to find suitable facilities (see Kitchen Facilities) and acquire cooking equipment if not provided (see Equipment List) as well as a risk assessment of the premises (see Checklist). You may also want to create a store cupboard to minimise your weekly shopping needs (see Store Cupboard in Section 3).

Make sure you arrive well before the start of the session to set up your equipment and get the kitchen ready. This is especially important before the first class and if you are working in a 'borrowed kitchen' where there may be ingredients or equipment left out that must be put away.

Before each class check your store cupboard and shop for the rest of that day's ingredients. You do not need to stick rigidly to the recipes (which are basic) but can introduce extras such as mushrooms and peppers for spaghetti bolognaise, mince etc and allow people to use their imagination. If someone doesn't like kidney beans or sultanas then they don't need to use them. It is important that people can make choices. Encourage each person to taste their cooking at some time during cooking (taking care that any meat being tasted is cooked through) so that they can make adjustments if they want, e.g. more tomato paste, herbs, salt or pepper. It is supposed to be creative and enjoyable!
(N.B. Remind the group to use a clean spoon each time they taste, explaining why.)

An important part of each session is the time spent together as a group and this is enhanced when the group can sit down at a table and eat the meal together at the end of the session. This provides time for enjoyment of the food that has been prepared and for comments and suggestions and general conversation.

At the end of the meal, it is important that everyone helps to clear and wash-up.

You could also encourage people to try the recipe again at home by providing extra ingredients. (Remember to buy extra on your weekly shop). This would be an opportunity for them to perhaps invite a friend or relation round to share a meal. However, this will depend on the client group and their particular situation as regards accommodation and kitchen facilities. It is important to stress that any fresh food or leftovers taken home must be refrigerated as soon as possible. Don't forget to provide foil containers with lids for people to take leftover food home.

At each session, once you get to know your participants, discuss with them what they ate and made for themselves the previous week if appropriate. Did they try out that week's recipe at home? Did they ask someone round to share a meal? You can also make suggestions and discuss what they would like to cook the following week or what vegetable they would like to accompany the meal. Listen to suggestions, learn from your group and have fun!

Monitoring and Evaluation

It is useful to ask the participants about their diet before the class starts and what they hope to gain from being involved. If possible ask them to fill in a form to record this information. However, some participants may not be able to read or write, so the supervisor should gauge the situation and if necessary fill the form in with them. It is important to have a system in place to evaluate the classes – both for the supervisor and for those participating (See Evaluation Form).

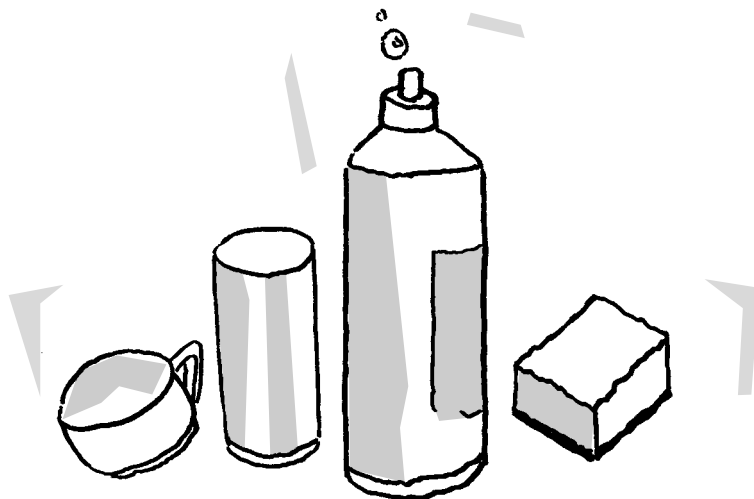


Checklist for Cooking at Home Workshop

- Find and check your premises. Is the kitchen adequate for space, how many people do you intend to be teaching in it, do the main kitchen appliances (e.g. fridge, cooker) work properly?
- Is the equipment available for cooking suitable and in good enough condition and is sufficient available for the Workshop?
- Do you have a budget to purchase additional equipment if necessary?
- Will you need an extra cooker e.g. portable Baby Belling?
- Is there somewhere for people to wash their hands and are disposable towels available?
- Is there adequate insurance coverage and Public Liability Insurance in place? This is particularly important if the food is being offered to other people in addition to people participating in the Workshop?
- Where are the fire exits and what is the fire procedure?
- Does the manager of the building/hostel have systems in place for keeping the kitchen and available toilets in a clean and hygienic state?
- Is there a first aid kit and emergency phone cover?
- Will there be a member of staff on the premises in case of emergency?
- Is there a supply of soap, antibacterial spray, washing up liquid?
- Are tea towels available and if so how will these be washed and dried after each class?
- Who will supply the ingredients and is there a basic store cupboard (e.g. flour, oil, stock cubes) available for your use?
- If you are going to eat the meal is there somewhere to sit and eat it and enough crockery for everyone to share the meal at the same time?
- If you are allowing your clients to take their food away with them, do you have suitable containers and will they ensure its safe use (e.g. refrigeration if not eating immediately, reheating to correct temperature)?
- How will you make your class aware of basic hygiene and food safety requirements for a group working together?
- How will you ensure safety in the kitchen?
- It is important that an adequate Risk Assessment is carried out and that this is documented.

Handy Tips for Running a Workshop

1. Make sure kitchen is clean and tidy before clients turn up
2. Check that there is a first aid kit (with plasters) available
3. Organise the layout of equipment and ingredients in a way that is easy and minimises congestion in the kitchen
4. Explain how to use any unfamiliar equipment; sometimes it is even necessary to explain such things as how best to use a potato peeler
5. Show by example how to cut, say, an onion, core an apple, peel a carrot, how much salt to add, how to use a grinding pepper mill. Don't assume people will know how or be confident enough to do so; however, also don't assume that they can't do these things. Try and gauge the situation tactfully. Showing by example is often a good idea
6. Try not to go too fast, remember you are experienced at making the dish and the other person may not be. Try to go at their pace
7. Explain as you go along that spills should be wiped up (to avoid slipping), that pot handles should not be left sticking out over the edge of the cooker, that oven gloves are necessary when using the oven, that it is important to wash up in hot water, that clean drying up towels etc should be used
8. Explain that sharp knives should never be put in a sink full of water as someone may cut himself or herself. Leave dirty knives by side of sink
9. Explain what to do in case of a fire and also that you know where the fire exits are situated
10. Ensure that the kitchen is left clean and tidy at the end and that all food is safely stored



Facilities Needed for Cooking at Home Workshops

You will need a kitchen with adequate refrigerator space, work top space of adequate height (table height is not ideal especially for tall people) and preferably two cookers. It is best to have a maximum of two people working at one domestic-size cooker. A portable Baby Belling or equivalent will provide extra cooker space for another two people. A microwave is not necessary for these classes, but can be introduced if you wish for suitable recipes.

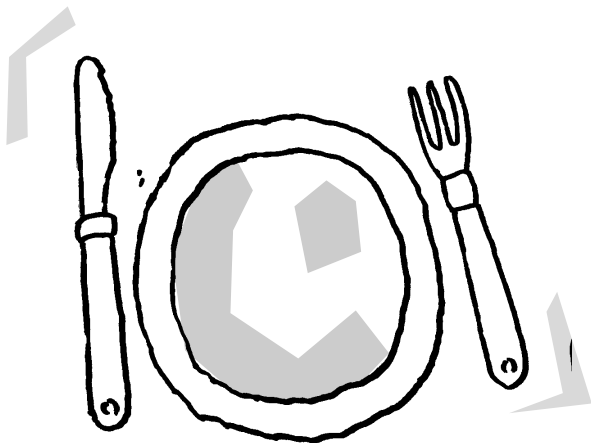
Make sure there is a properly stocked first aid kit available.

Check the fire regulations and procedures in case of a fire. Where are the nearest exits? Is there a fire extinguisher? Is there a fire blanket?

You will also need a table at which to sit and eat the meal, and enough plates and cutlery. This is usually provided on location. An adequate hot water supply, soap (for hand washing) and washing up liquid should be always be available.

Unless the kitchen has been specifically designed to run small one-to-one classes, it is unlikely that there will be enough equipment to run the classes. (See Equipment List)

If the kitchen is used for other purposes in between classes, extra time may be needed to check the kitchen is clear and clean, as well as for setting out the equipment and food (and Baby Belling cooker if used).

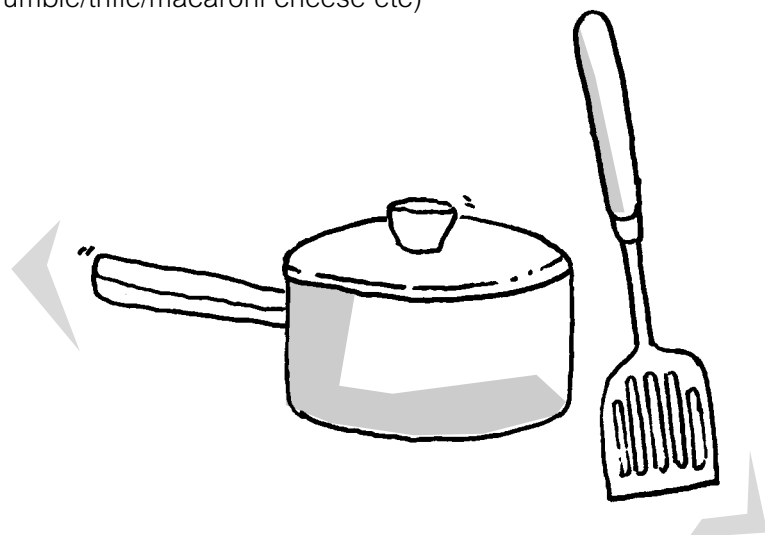


Equipment Needed for Cooking at Home Workshops

If you are buying equipment for your class from scratch, 18/10 gauge Stainless Steel saucepans are a good investment. They are not always as cheap as non-stick but you can often get good deals in places like Matalan, Macro or the supermarkets (Tesco has good kitchen equipment).

For a class of four

- 4 x 16cm or 17cm saucepans and lids
- 4 x 20cm saucepans and lids
- 4 non-stick frying pans
- 4 melamine chopping boards
- 4 general purpose vegetable knives
- 2 larger knives (8½")
- 4 wooden spoons (at least)
- 4 baking trays
- 4 small ceramic ovenproof dishes (for crumble/trifle/macaroni cheese etc)
- 4 potato peelers
- 4 plastic fish slices
- 2 colanders
- 2 cheese graters
- 2 potato mashers
- 2 balloon whisks
- 1 tin opener
- 4 small plastic mixing bowls
- 4 larger mixing bowls
- 2 measuring jugs (1 litre)
- 1 lemon squeezer
- 1 set of scales (for small quantities)
- 2 soup ladles
- 4 serving spoons (at least)
- Foil dishes with lids (for taking leftovers home)



Not all participants will have all this equipment when they move into independent living, so it is good to show how to adapt, e.g. making do with a different sized saucepan, squeezing a lemon between the heel of your hand and fingers, measuring half a pint in a mug (normal mug size)

Cooking at Home

Evaluation

Thank you for taking the time to fill out this questionnaire.

Your opinions will be of great value to the development of the programme.

Name:

(There is no need to give your name and address if you don't want to)

Address:

.....

Date:

Part One

Please tick boxes

Background information:

- How would you describe your gender?

Male

Female

- How old are you?

Under 25

26-35

36-45

46-55

Over 56

- What type of accommodation do you live in?

Hostel

Bed and Breakfast

Own flat

- Do you currently have access to the following? (Please tick)

Cooker

Fridge

Microwave

Freezer

- Are your meals
Provided
- Cooked by you

- Have you ever Cooked
YES
- NO

• If YES what sort of dishes?
.....
.....

Part two

Information on Cooking at Home Classes:

- How many cooking sessions have you attended?

- Why have you attended the Cooking at Home Workshops?

(tick as many boxes as you wish)

- To meet people
- To learn how to cook a simple meal
- To learn about healthy eating
- Something to do
- To eat a meal

Other

- How did you hear about the Cooking at Home Classes?

- Poster
- Key worker
- Friend

Other

- What is the most important thing that you have learnt by attending the workshop? (tick one box only)

Kitchen safety	<input type="checkbox"/>
Nutritional information	<input type="checkbox"/>
Kitchen hygiene	<input type="checkbox"/>
A friend's name	<input type="checkbox"/>
A recipe	<input type="checkbox"/>
Cooking techniques Such as chopping, frying, timing of different ingredients	<input type="checkbox"/>
Cooking on a low budget	<input type="checkbox"/>
Other

- What have you liked most about the workshop?
Examples: opportunity to learn something new, something to do, meeting new people, healthy eating, enjoying new types of food, sharing a meal with other people

.....

.....

- Do you think anything should be changed about the workshop?
Examples: information prior to attending, information handout sheets, number of sessions, size of group, type of food cooked, etc.

.....

- Do you think that you will use the skills that you have learnt?

Yes

No

- What support do you feel that you would need, if any, to become better at cooking?

Examples: another Workshop; access to a kitchen, money to buy food

.....

.....

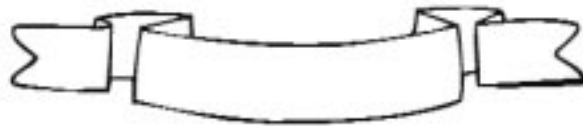
- Would you attend another Workshop?

Yes

No

Thank you, and good luck with cooking and eating healthily!

cooking certificate



This is to certify that

.....

has successfully taken part in the eight week
COOKING AT HOME WORKSHOP

.....

Signed

.....

Date

Food Education Coordinator/Support Worker

SECTION 3

BASICS

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Tips for Healthy Living 38

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Health and Homelessness

**'The Scottish diet remains notoriously bad and is one of the worst in the Western world - high in salt, sugars and fat but low in fruit and vegetables and complex carbohydrates. After smoking, along with physical inactivity, it is the most significant contributor to Scotland's poor health record taking over from more traditional public health concerns'.
(NHS Health Scotland, www.phis.org.uk)**

In the UK **45%** men and **34%** women are overweight and **16%** men and **18%** women are obese, making a total of **61%** men and **52%** women who are overweight or obese: (British Nutrition Foundation)

Living healthily is about getting the right amount of physical activity in your life as well as eating healthy food. Both of these will have far reaching effects on other aspects of your lives as well.

In a survey carried out involving 202 beggars and street drinkers in 2000, **55%** of homeless people have physical or mental health problems. **45%** of those surveyed said they had a longstanding addiction problem.

Research shows that the diets of homeless and marginalized drinkers are high in sugar and protein and low in starch and fibre and vitamins A and E.

Three in five homeless people have no daily intake of fresh fruit and vegetables.

A large alcohol consumption affects the body's ability to absorb nutrients from food.

It has been found that generally heavy drinkers have low stores of B vitamins. B vitamins can be found in many breakfast cereals, wholegrains, green leafy vegetables, broccoli, orange juice, liver and kidney, peas and beans, poultry, eggs, and dairy products.

Research shows the following for homeless people:

- Diets are high in sugar and salt
- Salt intake is well above recommended limits
- Diets contain too much saturated fat
- Essential vitamins and minerals are lacking in the diet
- Fibre is lacking
- Vitamin C is lacking
- The diets of homeless women are lacking in protein, iron, and other minerals

70% of homeless people said they wanted to improve their diet

Why is Healthy Eating Important?

Poor diet and inactivity are significant contributors to Scotland's poor health record.

Healthy eating enhances health and fitness now and in later years.
It can prevent:

- Obesity and becoming overweight
- High blood pressure
- Coronary heart disease and stroke
- Diabetes
- Cancer
- Gallstones
- Bowel disease
- Tooth decay
- Lack of energy
- Constipation and piles
- Depression

*'The evidence available shows clearly the nutritional inadequacies present in the diet of homeless people'.

'The mental effect of nutritional deficiencies could interfere with the homeless person's ability to develop skills and motivation in order to combat problems of poverty and unemployment'.

'Food is an important key to self-esteem'.

'Most nutrient deficiencies could be met by incorporating fresh fruit and vegetables into the diet'

'Specific attention should be given to increasing the uptake of green vegetables, wholemeal bread, legumes, seeds, orange fruit and vegetables, soft margarine high in polyunsaturated fat, (oily) fish and fortified breakfast cereal'.

**The above points are taken from research undertaken on behalf of Edinburgh Cyrenians Food and Health Education Advisory Group*

Five-A-Day

The importance of Fruits and Vegetables:

Fruits and vegetables are good for your health and well being. They are high in anti-oxidants, which protect your immune system. They keep your gut healthy and can help regulate your cholesterol level. They tend to be low in calories, so generally you can eat a lot without putting on weight. They are also rich in vitamins and minerals. The government recommends that each person eat at least **FIVE PORTIONS** of fruit and vegetables per day.

- One portion of vegetables is about three serving spoons
- One portion of fruit is one piece of fruit (two pieces of small fruits such as satsumas, kiwi, plums) or a bowl of fruit salad, berries or tinned fruit
- A bowl of salad counts as one portion
- A handful of raisins or other dried fruit counts as one portion
- Fruit juice, beans, dried fruits only count as one portion (i.e. you cannot count five glasses of juice as five portions)
- Potatoes don't count as a portion (they count as a carbohydrate food)
- Variety is important in order to get a range of vitamins and minerals

To get your Five-a-Day:

- Drink a glass of unsweetened fruit juice
- Eat fresh fruit whenever you can, remembering variety is important (i.e. eating five bananas doesn't count)
- Add tomato, cucumber, lettuce to your sandwiches
- Include vegetables with your evening meal – if you can't use fresh, use canned or frozen - these still count
- Add sliced onions, carrots, peppers or a tin of tomatoes if you are cooking mince or casseroles
- Chop vegetables into fingers and use for snacks
- Eat a handful of raisins or dried apricots

Tips for Healthy Living

- Choose sunflower or olive oil-based margarine
- Eat two portions of fish per week (fresh, frozen or tinned) - at least one of the portions should be oily fish (mackerel, herring, salmon, sardines)
- Cut down on cakes, crisps, chips, salted nuts, sweets, biscuits, pastries
- Use semi skimmed (green top) or skimmed (red top) milk instead of whole milk (blue top)
- Eat more starchy foods, such as bread, potatoes, rice, pasta, but try to limit the amount of fat added to these foods (e.g. oil, butter, margarine, cheese, cream)
- Cut down on the amount of salt you add to your food
- Drink lots of fluids (6 – 8 glasses or mugs a day) – this includes tea and coffee but try and make some of these water or fruit juice which are better for you
- Grill rather than fry your food – it uses less fat
- Choose leaner cuts of meat
- If you drink alcohol, limit the amount and do not binge drink as this does the most damage (the British Nutrition Foundation recommends no more than three or four units a day for men and no more than two or three units a day for women)
- Try and eat a variety of different foods
- Exercise more – walk further, go swimming, cycle, get off the bus a stop or two earlier
- Do 30 minutes of at least moderate activity on five or more days per week (not necessarily all at once, it can be in 10 minute sections)
- Physical activity plays a role in disease prevention e.g. cardiovascular disease, obesity, type II diabetes, cancer and premature death. It also improves psychological well being

Foods to Control

Fats – the Truth!

Some fat in the diet is good for you. There are two main types of fat:

- **Saturates** – this type of fat can increase the risk of heart disease because it may raise blood cholesterol levels. It is found in meat pies, sausages, butter, cheese, cakes, biscuits and foods containing coconut or palm oil. Try and limit how much of these foods you eat and cut down on fried greasy food, fast food and takeaways.
- **Unsaturates** – there are two types, polyunsaturated fats and monounsaturated fats and these are, in moderation, good for you. It is good to eat some of these fats, they are found in oily fish (herring, mackerel, salmon, sardines - tins are fine) and sunflower, corn, olive or rapeseed oils and spreads.

What is a lot of fat?

20g fat or more per 100g
5g saturates or more per 100g

What is a little fat?

3g fat or less per 100g
1g saturates or less per 100g

Sugar - is it Good for You?

Sugar is a carbohydrate and carbohydrates provide our bodies with energy. However, it is better to get most of your carbohydrates from such foods as bread, pasta, rice, potatoes, cereals and naturally occurring sugar found in fruit and vegetables. Sugar found in sweets, cakes and tinned drinks only provides short-lived energy and no other goodness – bread, pasta etc provide lots of other vitamins and minerals as well.

What is a lot of sugar?

10g sugar or more per 100g

What is a little sugar?

2g sugar or less per 100g

Salt – What about it?

Salt contains sodium. Too much sodium can affect blood pressure leading to an increased risk of stroke and coronary heart disease. Most people eat too much salt in their diet.

The best way to cut down on salt is to cut down on processed foods, ready meals, fast food and takeaways as well as salty snacks such as crisps. Try adding less salt to your cooking and to your meal at table, and if you are buying cans choose ones with **no added salt**.

What is a lot of salt?

0.5g sodium or more per 100g

What is a little salt?

0.1g sodium or less per 100g

Kitchen Hygiene

- Always wash your hands thoroughly in hot water with soap:
 - before handling food
 - after visiting the toilet
 - after blowing your nose
 - after handling rubbish
 - after smoking
 - after touching pets
 - after changing a nappy
 - after preparing meat and vegetables
- Use a clean spoon every time food is tasted. Never lick a spoon and return it to the food - bacteria and viruses can spread this way
- Keep all kitchen surfaces clean – wipe with disinfectant
- Wash tea towels and washing up cloths regularly – these can harbour bacteria which can cause stomach upsets
- Don't prepare food for anyone else if you are vomiting or have diarrhoea
- Do not sneeze or cough over food
- Keep pets away from food and food areas and keep food covered to avoid contamination from insects/pests
- Remove jewellery and tie back long hair
- If you have a cut cover it with a waterproof plaster
- If you have been chopping meat wash the board thoroughly in hot soapy water before chopping anything else
- Wash fruit and vegetables before preparing
- Empty the kitchen bin regularly

Kitchen Safety

- Take care when using sharp knives
- Do not put sharp knives into a sink full of water. Leave dirty knives by the side of the sink
- Do not leave saucepan handles sticking out from the cooker while cooking, to avoid knocking them off while hot
- Always use oven gloves when putting food in and out of the oven
- Do not leave wires trailing across a surface
- Do not overload sockets with electrical appliances
- Do not touch electrical appliances with wet hands
- Never leave a chip pan unattended – a real fire risk
- Buy and install a smoke alarm – if you are unsure speak to someone about this
- Think about how you would deal with a fire should it arise
 - never throw water at a burning chip pan – this will spread the fire
 - do not attempt to move the burning pan
 - if possible turn off the heat source, dampen a cloth or towel and place it over a burning saucepan (or use a fire blanket if there is one for the same purpose)
 - use a fire extinguisher
- Keep bottles of bleach out of reach of children and make sure this product is correctly stored away from the area where food is being prepared

Safe Food Storage

Food contains bacteria. Some bacteria can make you sick, therefore it is important to store food safely to prevent the bacteria spreading and multiplying.

- Keep food covered wherever possible
- Store food at the correct temperature. Cold food should be kept below 5°C in a refrigerator. Hot food should be kept hot (63°C or above). Bacteria multiply fastest in between these two temperatures. Have a small hanging thermometer in the fridge to see the temperature
- Put away chilled and frozen food after a shopping trip as soon as possible
- Store raw and cooked food separately. Keep raw fish and meat **BELOW** cooked food in the fridge where their juices cannot drip onto cooked food
- Defrost food from the freezer thoroughly before using, especially meat and chicken
- Do not refreeze food once it has been thawed unless you have **THOROUGHLY** cooked it
- Cook meat and poultry thoroughly
- After food is cooked, cool quickly and refrigerate for no longer than one or two days
- If reheating food make sure it is piping hot right through (at least 82°C)
DO NOT REHEAT FOOD MORE THAN ONCE
- Always refrigerate meats, gravy, dairy products, made-up sandwiches, ready meals and eggs
- Do not keep food in a can once it is opened: pour the contents into a bowl instead, then cover and refrigerate

Food Shopping and Budgeting

Some tips and suggestions to eat well and make your money go further ...

- A shopping list is a good idea but it must be flexible to allow the shopper to take advantage of reduced items/special offers and best buys
- Budget supermarkets (Lidl/Aldi and Kwiksave) are good value. The large multiples (Tesco/Sainsburys/Asda/Coop) have good offers every week. They also have value label lines, which are a cheaper version of their own label brands and are often made by the same manufacturer. It is worthwhile planning meals, which take advantage of special offers. If you have spare cash it is worth stocking up on foods, which you use regularly – but check the use-by date before buying and using
- Shopping in the evening approximately 2 hours before closing time can be very useful to buy fresh foods/bread/fruit and vegetables that have been reduced because they have reached their SELL BY date
- The SELL BY OR DISPLAY TO date is the date the shop uses to guarantee quality. The food should be consumed as indicated on the packaging
- The BEST BEFORE date guarantees the QUALITY of a product. It is not unsafe to eat it after the BEST BEFORE date but the quality may be reduced so only purchase if you are going to use that day
- Never buy or use anything that is past its USE BY date, especially meat products. Products eaten after the USE BY date cannot be guaranteed safe and may make you sick
- It is a good idea to keep a basic store cupboard of non-perishable food. This means that when shopping for a meal you need only buy the fresh ingredients and not have to carry a lot of food home
- Stock up the store cupboard at weekends or days off when you have more time



Basic Store Cupboard

Salt
Stock cubes – chicken/vegetable
Mixed herbs
Soft brown sugar
Vegetable oil
Tomato paste (in a tube)
Spaghetti
Dried noodles
Kidney beans (small tins)
Curry powder
Small tins of fruit salad (preferably without added sugar)
Tins of tomatoes
Pepper (ground black)
Plain flour
Raisins or sultanas
White granulated sugar
Trifle sponges
Macaroni
Rice
Tin of custard powder
Chilli powder
Dried parsley (optional)
Cinnamon (optional)
Tea
Coffee

In the fridge

Margarine – preferably one high in polyunsaturates
(check the label to see if it can also be used for cooking)
Butter – if used
Milk – preferably semi-skimmed

Other basics

Soap
Washing up liquid
Jay clothes
Scourers (be careful to buy non-stick if your pans are non-stick)
Washing up brush
Disinfectant for wiping surfaces
Drying up clothes
Hand towels
Silver foil or cling film

SECTION 4

RECIPES

All recipes for 2 servings unless indicated otherwise

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Leek and Potato Soup

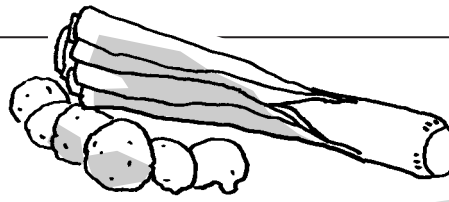
Ingredients

- 1 dessertspoon butter or margarine
- 2 or 3 (450g) leeks
- 2 or 3 medium potatoes
- 2 mugs chicken or vegetable stock (use 2 chicken or vegetable stock cubes with 2 mugs water)
- Salt and pepper to taste

Method

1. Clean and slice the leeks. Peel and chop the potatoes into chunks
2. Heat butter/margarine in large saucepan and fry the leeks and potatoes for 5-10 minutes, until beginning to soften
3. Add the stock and seasoning and bring to the boil. Cover and simmer for 30 minutes, until the potatoes are cooked through
4. Liquidise if a creamy soup is preferred (optional), return to the pan and reheat
5. Adjust the seasoning. Add more water or a little milk if the soup is too thick

Delicious with a spoonful of cream, crème fraîche or plain yoghurt added to each bowl.



Mushroom Soup

Ingredients

- 1 lb mushrooms
- 3 oz margarine
- 6 oz onions, finely chopped
- 1½ oz plain flour
- 1½ oz plain flour
- 1½ pints milk
- 1½ pints chicken stock (2 cubes)
- Garlic salt – ¼ teaspoon or 2 cloves fresh garlic
- Lemon juice and seasoning

Method

1. Melt margarine
2. Sauté onions for 10 minutes
3. Add mushrooms and cook for about 5 minutes
4. Stir in the flour and cook for 3 minutes
5. Slowly add the stock
6. Simmer for 20 minutes
7. Add milk, lemon juice, seasoning and simmer for another 10 minutes – don't boil after the milk is added

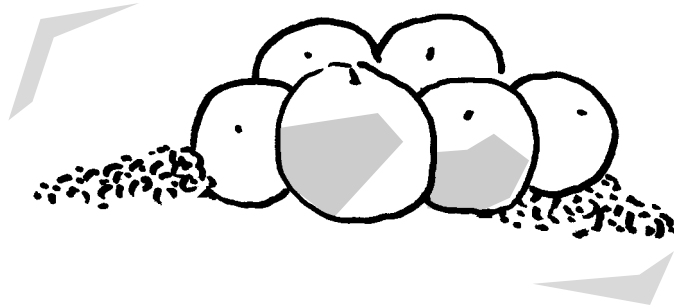
Tomato and Lentil Soup (Serves 4 – 8)

Ingredients

250g red lentils
200g streaky bacon
250g onion
2 garlic cloves (optional)
5 tablespoons oil
1 kg chopped tomatoes
4 tablespoons tomato puree or ketchup
2 litres stock
Salt

Method

1. Chop the bacon, onion and garlic.
2. Put the oil into a pan, add the bacon, onion and garlic and cook gently, until softened but not browned.
3. Add the lentils, tomatoes, puree and stock and simmer until the lentils are soft.
4. Purée the soup; add a pinch of sugar and season to taste. Dilute if necessary and serve with chopped herbs if available.



Chicken Curry and Rice

Ingredients

- 2 dessertspoons cooking oil
- 2 chicken breasts
- 1 onion
- 1 or 2 cloves of garlic
- 2 teaspoons mild curry powder
- 1 chicken stock cube
- 1 small tin of tomatoes (220g)
- 1/2 mug (125gms) long grain or basmati rice

Method

1. Chop onion and crush or chop the garlic
2. Heat the oil in a saucepan and add onions and garlic and cook until soft. Take off the heat
3. Chop the chicken into bite-size pieces. Return pan to the heat, add the chicken and stir until the flesh changes colour
4. Add curry powder, stir and cook over gentle heat for 1 minute
5. Add tinned tomatoes and chicken stock cube dissolved in a little water
6. Add a little more water if the curry seems dry
7. Bring to the boil, lower the heat and simmer for approximately 40 minutes

(You can also add a small apple, raisins or mushrooms to the curry at the same time as the tomatoes)

Rice

There are different methods of cooking rice. This method is simple and foolproof – be careful not to overcook

- Rinse the rice under cold running water
- Put a large pan of water (approximately 1 litre) on to boil and add a teaspoon of salt
- When the water is boiling add the rice
- Cook until just soft – usually about 15 minutes
- Drain through a sieve and rinse with boiling water to get rid of starch

This curry is good served with Naan bread, cucumber raita, sliced banana and mango chutney

Chicken Stew and Rice

Ingredients

2 dessertspoons cooking oil
2 chicken breasts
1 onion
1 clove of garlic
1 chicken stock cube
1 carrot
6 baby sweetcorn or $\frac{1}{2}$ red or green pepper
6 mushrooms
1 small tin of tomatoes (220g)
 $\frac{1}{2}$ mug (125gms) long grain or basmati rice

Method

1. Chop onion and crush or chop the garlic
2. Heat the oil in a saucepan and add onion, carrot and garlic and cook until soft
3. Chop the chicken into bite-size pieces and add to the pan. Stir until the flesh changes colour
4. Add the rest of the vegetables except the mushrooms and cook for a few minutes
5. Add tinned tomatoes, mushrooms and chicken stock cube dissolved in a little water
6. Add a little more water if the stew seems dry
7. Bring to the boil, lower the heat and simmer for approximately 40 minutes

Rice

(serves 2/3)

1. Put a large pan of water (approximately 1 litre) on to boil and add a teaspoon of salt
2. When the water is boiling add the rice
3. Cook until just soft – usually about 15 minutes
4. Drain through a sieve and rinse with boiling water to get rid of starch

Chilli Con Carne and Rice

Ingredients

- 1 medium onion
- 1 clove garlic
- 225g of beef mince
- 1 small tin (220g) tomatoes
- 1 small tin (220g) red kidney beans
- 1/2 or 1 teaspoon chilli powder (according to taste)
- 1 dessertspoon tomato puree
- 1 teaspoon mixed herbs
- 1 chicken or vegetable stock cube (optional)
- Salt and pepper
- 1/2 mug (approx 125g) long grain rice

Method

1. Chop the onion and garlic and set aside
2. Put the mince into a pan and cook until the meat is sealed and browned all over.
3. Add the onion and garlic and fry for a few minutes
4. Stir in the tomatoes, tomato puree, chilli powder, herbs, stock cube (if using), salt and pepper and bring to the boil
5. Lower the heat and simmer gently for 25 minutes (adding a little water if it gets a bit dry). Add the kidney beans near the end of the cooking time
6. Serve on a bed of boiled rice

Boiled Rice

(Serves 2/3)

1. Put a large pan of water (approximately 1 litre) on to boil and add a teaspoon of salt
2. When the water is boiling add the rice
3. Cook until just soft – approximately 15 minutes
4. When cooked drain the rice through a sieve and pour some boiling water over it to get rid of the starch

Fish and Chips with Beans or Peas

Ingredients

- 1 filleted haddock
- 1/2 mug of ruskoline breadcrumbs (fish dressing)
- 1 beaten egg
- 2-3 dessertspoons cooking oil
- 150gms frozen oven chips (1mug)
- 1 small tin of baked beans/ 1/2 mug of frozen peas

Method

1. Switch on the oven to heat for the chips – follow the directions on the packet.
2. Wash the fish in cold water.
3. Beat up an egg in a small bowl and pour the ruskoline onto a piece of kitchen paper.
4. Dip the fish in the egg and then the fish dressing – pat on the crumbs.
5. Place the chips on a baking tray and put into the oven – time carefully and follow directions on the packet.
6. 10mins before the chips are ready prepare the baked beans or peas.
7. Heat the oil in a frying pan till there is a faint shimmer on the surface of the oil. Gently lower in the fish and turn down the heat to medium. Allow to cook for 2 minutes before turning over. Cook for another 2 minutes before lifting out with a fish slice.
8. Serve with the chips and beans or peas.

This will serve 1 person

Fish Pie

Ingredients

3 medium potatoes
1/2lb white fish (two small fish)
1 egg
1 teaspoon butter/margarine
Salt and pepper

For the sauce

1oz butter/margarine
1oz flour
1/2 pint milk
1 dessertspoon of fresh or dried parsley
Salt and pepper

Method

1. Turn on oven to 180°C
2. Put the egg on to boil for 10 minutes
3. Peel potatoes and cook in boiling salted water for approximately 20 minutes
4. *To make the sauce:* melt butter in a small pan, stir in the flour and cook for several minutes
5. Gradually add the milk, bring to the boil and cook until thickened.
6. Season with salt and pepper and add the parsley
7. Mash the potatoes when cooked with a little butter/margarine and a spoonful of milk. Add a little salt and pepper
8. Cut the fish into bite-size chunks
9. Peel and chop the egg and add it to the fish chunks
10. Pour the hot white sauce over the fish and spread the mash potatoes over the top
11. Bake for approximately 25 minutes

Macaroni Cheese

Ingredients

50gms macaroni (1 mug)

250mls milk (approx. 1 mug)

25gms flour (3 level dessertspoons)

25gms margarine or butter (1 rounded dessertspoon)

100gms grated strong cheddar cheese (1¹/₂ mugs)

Salt and pepper

Method

1. Half fill a saucepan with water, add ¹/₂ teaspoon of salt and bring to the boil, add the macaroni and cook for 10mins or as directed on the packet
2. Melt the margarine/butter in a small pan then add the flour and stir over a medium heat for a few minutes. Add the milk gradually stirring all the time. When the mixture comes to the boil, turn the heat down and simmer for two minutes
3. Add two thirds of the cheese and a small pinch of salt and pepper to the sauce, return to the heat to allow the cheese to melt
4. Turn the grill on at a medium heat
5. Drain the macaroni through a sieve and then add to the sauce
6. Pour into a pie dish, cover with the remaining cheese and brown under the grill
7. Serve with a green vegetable and /or salad

You can add a chopped hard-boiled egg to the sauce at the same time as the macaroni for a change.

Mince and Tatties

Ingredients

250g mince (one small packet if buying from a supermarket)

1 medium onion

1 or 2 medium carrots

1 small tin tomatoes

1 stock cube

1 teaspoon mixed herbs

Salt and pepper

4 medium potatoes

Green vegetable e.g. cabbage

Method

1. Chop onion and carrots into slices and set aside
2. Peel potatoes, cut in half or quarter (even size pieces) and put in pan of water with a teaspoon of salt ready to cook.
3. Meanwhile put mince into pan and cook gently, stirring to avoid mince sticking to pan
4. When mince is browned all over add onion and carrots and cook for a few minutes
5. Add tin of tomatoes and the stock cube by sprinkling over top of mince.
6. Add the herbs and a little pepper
7. Bring to boil and then simmer gently for approx 40 minutes, stirring occasionally and adding a little water if mince gets dry
8. Turn on the potatoes you have prepared, bring to boil and simmer until soft (approx 20 minutes)
9. Taste the mince half way through cooking and add more pepper or herbs and salt if required
10. (If you want to thicken the mince, mix 1 or 2 teaspoons of corn flour with a little water and make a smooth paste. Add this to the mince at the end and bring up to the boil again.)
11. When potatoes are soft (about 20 minutes), drain and mash, adding a small spoonful of butter/margarine a little milk and salt and pepper.

This is good served with a green vegetable, such as cabbage.

To prepare a cabbage cut in half and then quarter. Cut out the hard stalk.

Chop as much as you want into small pieces, cover with water, add a teaspoon of salt and cook for approximately 5 minutes. Strain.

Pasta Carbonara

Ingredients

225g pasta (any type will do but tagliatelle is good in this dish)

75g bacon

3 dessertspoons single cream

2 eggs

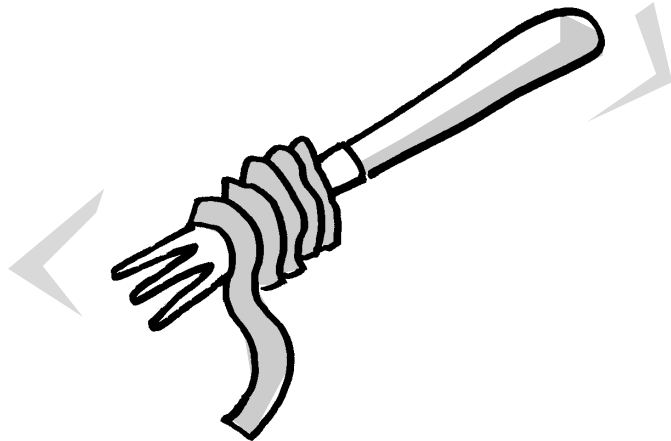
3 dessertspoons parmesan/ cheddar or emmental

25g butter

Salt and pepper

Method

1. Put a pan of water on to boil. Add a pinch of salt and when boiling, add the pasta
2. Grill or fry the bacon and chop into small pieces
3. Grate the cheese
4. Mix eggs and cream/milk together, then add cheese
5. Drain the pasta and add the butter, mixing well, then add the bacon
6. Add the egg mixture and stir well until the pasta is thoroughly coated



Sausage Casserole

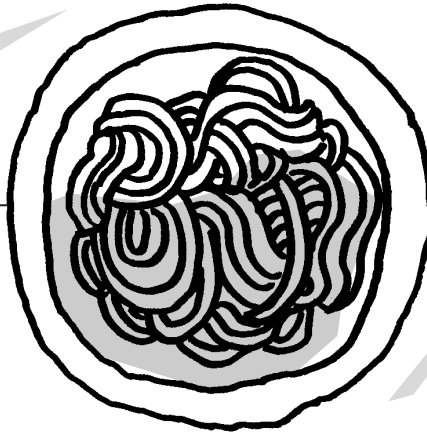
Ingredients

4 sausages
1 medium onion
1 small courgette
1/2 pepper
1 can (400g) chopped tomatoes
2 or 3 mushrooms
1 teaspoon flour
1/2 teaspoon mixed herbs
1 stock cube (beef, chicken or vegetable)
vegetable oil
Pepper if required

Method

1. Fry or grill sausages lightly (they will be cooked again later). Use only a small amount of oil in the pan
2. Put the sausages on a plate for later
3. Slice the onion, courgette and pepper
4. Add the onions to the pan and fry gently for a few minutes
5. Add the courgette, pepper and mushrooms and fry for a further 3 minutes
6. Add one teaspoon of flour and cook for 1 minute
7. Add the tomatoes, herbs and stock cube
8. Chop the sausages into slices and add to the pan
9. Leave to simmer gently for 10 - 15 minutes, adding a little water if it seems a bit dry
10. Taste and add salt and pepper if you think necessary

Make some mashed potatoes to go with this dish



Spaghetti Bolognese

Ingredients

100g spaghetti
1 medium onion
1 clove garlic
225g minced beef (one small pack if buying from supermarket)
1 tin tomatoes (400g)
2 dessertspoons tomato puree
1 teaspoon mixed herbs
1 stock cube
Salt and pepper

Method

1. Chop the onion and crush/chop finely the garlic
2. Put the mince in a pan and fry on a medium heat until the meat is browned, stirring constantly
3. Add the onions and garlic and fry for a few minutes
4. Stir in the tomatoes and puree and add herbs and pepper. Sprinkle on the stock cube and bring to the boil.
5. Lower the heat, put a lid on the pan and simmer gently for approximately 40 minutes. Taste half way through to check the seasoning, add salt or pepper if necessary
6. Put a large pan of water on to boil. Add a teaspoon of salt
7. When the water is boiling add the spaghetti and cook for the length of time advised on the packet (approximately 10 minutes)
8. Drain the pasta, arrange on a plate and add bolognese sauce

This is good served with some grated cheese sprinkled on top and a side salad

You can also add other vegetables at stage 3, such as a small diced carrot or half a pepper, or add a few sliced mushrooms at stage 5

Stir Fry

Ingredients

1/2 lb vegetables e.g. Carrots, leeks, broccoli, mushrooms, beansprouts
courgettes, peppers, cauliflower, or green beans

1 small onion

1 garlic clove

2 tablespoons oil

Noodles

Salt and pepper

For the sauce

1 teaspoon cornflour

1 teaspoon sugar

1 teaspoon apple juice

1 teaspoon vinegar

1 teaspoon freshly grated ginger (optional)

2 teaspoons soy sauce

Method

1. Mix all the ingredients for the sauce in a mug and then add enough water until the mug is one third full – set aside for later
2. Put a pan of water, half filled, on to boil for the noodles
3. Slice the onion thinly and crush the garlic
4. Wash and scrub the other vegetables, then slice them thinly
5. Heat oil in a frying pan or wok and when hot add the onion and garlic. Reduce heat and stir steadily for 1 minute
6. Next add the harder vegetables, such as carrot and cauliflower and cook for a few minutes until going a little soft
7. Add the remaining vegetables and cook, stirring for another 2 minutes
8. Add the mixture you set aside, turn up heat and stir for 1 minute
9. Taste and add salt and pepper if required
10. Cook the noodles according to the packet (approx 4 minutes) and strain
11. Serve the vegetables on a bowl of noodles

Tuna Pasta Bake

Ingredients

1 onion
100g (4oz) mushrooms
100g (4oz) cup frozen peas
100g (4oz) sweetcorn (frozen or tinned)
185g can tuna
1 tablespoon oil
100g (4oz) dry pasta
300ml (1/2 pint) cheese sauce
1oz cheese

Method

1. Put a large pan of water on to boil, add the pasta and cook according to instructions on the packet. Drain the pasta when it is ready
2. Make the cheese sauce and set aside
3. Finely chop the onions and slice the mushrooms
4. Heat oil in frying pan over a medium heat. Add onion and cook for a few minutes.
5. Add the mushrooms and cook for another few minutes
6. When onion and mushrooms are softened add the sweetcorn, peas and cheese sauce
7. Simmer gently for 5 minutes and then add the tuna and simmer again
8. Add the pasta and mix well. Place in a casserole dish, sprinkle the top with a little grated cheese and brown under the grill or in a hot (190°C) oven

Cheese Sauce

1 tablespoon of sunflower spread (or butter)
2 tablespoons flour
300ml (1/2 pint) milk
50g (2oz) cheddar cheese (preferably mature)

1. Heat sunflower spread in small pan until melted
2. Add the flour and mix it to a smooth paste using a wooden spoon
3. Cook the paste gently for 2 or 3 minutes
4. Add the milk a little at a time and keep stirring all the time to avoid the sauce going lumpy
5. When all the milk is added, add the grated cheese and stir until melted
6. Taste the sauce and add salt and pepper if necessary – cheese is quite often salty so you may not need any salt

Turkey (or Chicken) and Pepper Stir Fry

Ingredients

2 teaspoons oil
1 clove garlic
75gm turkey or chicken
1/2 red pepper
1/2 green pepper
1 spring onion
2 teaspoons soy sauce
4 dessertspoons water
2 dessertspoons orange juice
1 teaspoon ground ginger (optional)
Noodles or rice

Method

1. Crush the garlic and slice the peppers and onion
2. Chop the turkey into small pieces (diced)
3. Fry garlic and turkey over medium heat for 5 minutes, stirring constantly
4. Add peppers and onion and fry for a further minute
5. Add soy sauce, water, juice and ginger
6. Cook over medium heat for a further 3-4 minutes
7. Serve on the noodles or rice

Vegetable Curry

Ingredients

2 dessertspoons cooking oil

1 onion

1 clove of garlic

1 small apple (optional)

Approximately 2 mugfuls of a mixture of vegetables, such as carrot, courgette, cauliflower, green or red pepper, baby sweetcorn, green beans, mushrooms etc

2 teaspoons mild curry powder

1 vegetable or chicken stock cube

1 small tin of tomatoes (220g)

1/2 mug (125gms) long grain or basmati rice

Method

1. Chop onion and crush the garlic
2. Heat the oil in a saucepan and add onions and garlic and cook until soft
3. Chop the rest of the vegetables into bite-size pieces, add to the pan and cook for a few minutes
4. Add curry powder, stir and cook over gentle heat for 1 minute
5. Chop the apple (if using) and add it and the tinned tomatoes and chicken stock cube to the pan
6. Add a little more water if the curry seems dry
7. Bring to the boil, lower the heat and simmer for approximately 40 minutes

Rice

(Serves 2-3)

1. Put a large pan of water (approximately 1 litre) on to boil and add a teaspoon of salt
2. When the water is boiling add the rice
3. Cook until just soft – usually about 15 minutes
4. Drain through a sieve and rinse with boiling water to get rid of starch

This curry is good served with Naan bread, sliced banana and mango chutney

Apple and Sultana Crumble

Ingredients

- 2 large cooking apples
- 2 dessertspoons sultanas
- 2 dessertspoons soft brown sugar
- 1/4 teaspoon ground cinnamon (optional)
- 2 dessertspoons water

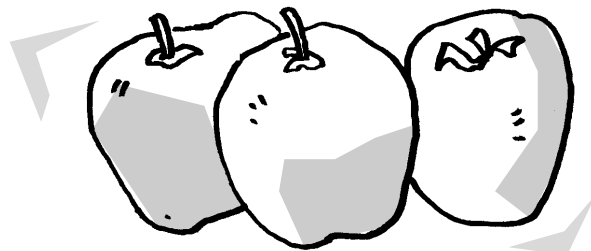
Crumble Topping

- 125g plain flour (about 8 dessertspoons)
- 50g margarine or butter (about 3 dessertspoons)
- 50g brown sugar (soft brown or Demerara)

Method

1. Pre-heat the oven to 180°C/gas mark 4
2. Peel and slice the apples and place in a saucepan with sultanas, sugar, cinnamon if using and water
3. Cook over a low heat until the apples have softened – about 5 minutes
4. Now make the crumble topping. Place the flour in a mixing bowl, cut margarine or butter into small pieces and rub into the flour lightly using your fingertips
5. When it looks crumbly stir in the sugar and mix well
6. Pour the apples into an oven proof dish and cover with the crumble
7. Place the crumble in a high shelf in the oven and bake for 30-40 minutes until the top is tinged with brown
8. Serve with custard, cream or ice cream

You can add this topping to other fruit, e.g. for rhubarb crumble replace the 2 apples with 2 sticks of rhubarb. Chop the rhubarb into 1" chunks and cook in the same way as the apple. Then add the crumble and cook as before.



Baked Apples

Ingredients

- 2 cooking apples (or sharp eating apples such as Granny Smiths)
- 2 dessertspoons of brown or white sugar (or use 2 spoons of golden syrup)
- 1 dessertspoon of mixed dried fruit
- 1 small piece of butter or margarine

Method

1. Preheat oven to 180°C or Gas Mark 4
2. Remove the core from the apples and slit the skin around the middle with a sharp knife
3. Grease an ovenproof dish and put the apples in
4. Fill the centres of the apples with mixed dried fruit
5. Top each apple with a knob of butter/margarine and sprinkle with sugar
6. Pour a little water into the dish and place a piece of kitchen foil on top of the apples
7. Bake for approximately 30 minutes until soft
8. Serve with cream or custard

Baked Bananas

Ingredients

- 2 bananas
- Brown sugar
- Juice (orange or lemon)
- Sultanas (optional)
- Butter

Method

1. Preheat the oven to 180°C
2. Cut the bananas lengthwise and arrange flat in a greased baking dish
3. Sprinkle with brown sugar, orange juice and a little lemon juice
4. Sprinkle with grated orange and lemon rind if you wish. Add a few sultanas if you wish
5. Dot generously with butter
6. Bake uncovered until the bananas are soft – approximately 20 minutes

Bananas and Custard

Ingredients

- 1 tablespoon custard powder
- 1 tablespoon sugar
- 1/2 pint milk
- 2 bananas

Method

1. Place the custard powder and sugar in small bowl and add about 2 tablespoons of milk taken from the pint. Mix with a wooden spoon until a smooth paste is formed
2. Heat the remaining milk until nearly boiling and pour into the custard mix
3. Return to the saucepan and bring to the boil over a gentle heat, stirring continuously
4. Chop the banana into slices and pour the custard on top

For thicker custard, add a little more custard powder at the beginning.

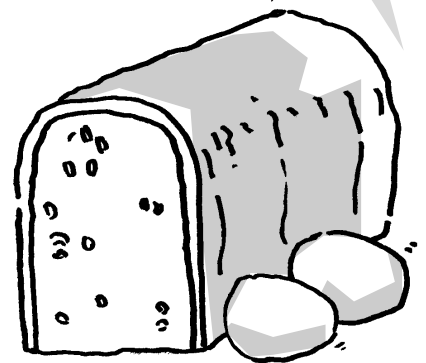
Bread and Butter Pudding

Ingredients

- 4 slices white bread (this can be old bread)
- 25g (approx 2 dessertspoons) butter or margarine
- 2 dessertspoons of sultanas or raisins or mixed dried fruit
- 2 dessertspoons of sugar
- 1 egg
- 1 mug of milk

Method

1. Preheat oven to 170°C or Gas Mark 3
2. Remove crusts from bread and spread with butter/margarine cut each slice into 4 squares or triangles.
3. Grease ovenproof dish and arrange half of the bread over the bottom of dish and sprinkle with half the fruit and half the sugar.
4. Place the remaining bread on top followed by the remaining dried fruit and sugar.
5. Beat the egg in a bowl with a fork and beat in the milk
6. Pour over the bread pudding and leave to stand for a few minutes until the bread has absorbed the milk.
7. Bake for 30/40 minutes until set and the top is golden.



Fresh Fruit Salad

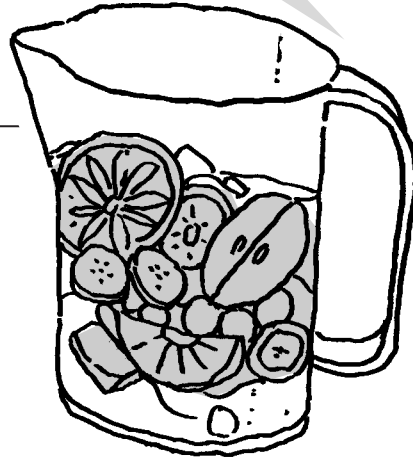
Ingredients

- 1 small orange
- 1 small banana
- 1 small pear
- 1 small red apple
- Syrup
- 50gms sugar (2 - 3 level dessertspoons)
- 1/2 lemon – rind and juice
- 125mls water (1/2 mug)

Method

1. Thinly cut the rind from half the lemon and squeeze out the juice into bowl
2. Place the sugar, lemon rind and water in a small saucepan
3. Heat over a medium heat stirring constantly until the sugar dissolves and the mixture boils. Cook for a further 2 minutes.
4. Peel all the fruit except the apple
5. Core and slice the fruit and place in the bowl with the lemon juice
6. When syrup is cool pour over fruit through a sieve.
7. Serve with cream, crème fraîche or ice cream.

This will serve 2-3 people. You can vary the fruit salad by putting in a different variety of fruits, or adding a small tin of fruit, such as pineapple or raspberries



Fruit Trifle

Ingredients

- 2 sponge trifle squares
- 1 small (225g) tin of fruit cocktail
- 1/2 pint of custard
- 150ml whipping cream

Method

1. Cut the trifle squares into quarters and put in bottom of a bowl
2. Cover the sponges with the fruit cocktail and juice from tin
3. Make 1/2 pint of custard (recipe on tin or packet) and add to pudding
4. Whip the cream with a whisk and spread on top of trifle
5. Put in fridge to chill

To make the custard

You will need 2 spoons custard powder and 1 spoon sugar and 1 mug milk

1. Place the custard powder and sugar in small bowl and add only one or two spoons of the milk and mix into a paste
2. Add the remainder of the milk slowly stirring as you go
3. Pour the mixture into a small saucepan and place over a low heat. Stir constantly with a wooden spoon until the mixture bubbles and thickens – keep cooking for 2 minutes

For thicker custard add a little more custard powder at the beginning.

Rhubarb Crumble

Ingredients

- 4 sticks rhubarb
- 2 dessertspoons sugar
- 1 teaspoon ginger (optional)
- 2 dessertspoons of water

Crumble Topping

- 8 dessertspoons plain flour
- 3 dessertspoons butter or margarine
- 3 dessertspoons brown sugar

Method

1. Pre-heat oven to 180°C/Gas mark 4
2. Remove the leaves of the rhubarb and the white bulbous bottom
3. Slice the rhubarb into 1" chunks and place in a pan with the water
4. Cook the rhubarb (and ginger if using) over a low heat until it has softened. Turn off the heat
5. To make the crumble topping, sieve the flour into a mixing bowl
6. Cut the butter or margarine into small pieces and lightly rub into the flour with your fingertips until it looks like breadcrumbs
7. Stir in the sugar
8. Put the rhubarb into an oven proof dish and spread the crumble mixture evenly over the top
9. Cook in the middle of the oven for about 30 minutes or until the topping has turned slightly brown.
10. Delicious served with custard or cream

Avocado, Tomato and Pepper Salad

Ingredients

1 avocado
2 firm tomatoes
A little lemon juice
1 green pepper
Chopped parsley (optional)

Method

1. Blanch the pepper by putting it into boiling water for one minute
2. Cut the pepper in half, remove the seeds and slice thinly
3. Cut the tomatoes in half and then slice thinly
4. Cut the avocados into thin slices and sprinkle with a little lemon juice
5. Arrange the slices of avocado, pepper and tomato on a plate or in a bowl
6. If you like sprinkle with a little French dressing and chopped parsley

Cabbage, Carrot and Apple Salad

Ingredients

1 crisp eating apple
Juice of $\frac{1}{2}$ lemon
 $\frac{1}{4}$ white cabbage
1 large carrot
 $\frac{1}{4}$ teaspoon dried oregano
French dressing

Method

1. Peel and thinly slice the apples, place in a salad bowl and coat thoroughly with the lemon juice.
2. Slice the cabbage very thinly and add to the bowl
3. Grate the carrots and add to the bowl
4. Add the oregano to the French dressing and pour over the salad and toss thoroughly

To vary this salad you could add 2 or 3 spring onions, finely chopped, instead of or as well as the apple.

Instead of the French dressing you could add mayonnaise, or a little of both.

Celery and Apple Salad

Ingredients

2 sticks of celery

1 apple

French dressing or mayonnaise

1 oz cheddar cheese or 1 oz walnuts (optional)

Method

1. Wash the celery and cut into small pieces
2. Wash and dice the apple into similar size pieces
3. Chop the cheese into small chunks (if using)
4. Chop the walnuts (if using)
5. Mix in a bowl and add the dressing or mayonnaise

French Dressing

Ingredients

2 tablespoons vinegar

5 tablespoons oil – preferably olive oil

pinch of sugar

pinch of mustard powder or 1/2 teaspoon made mustard

A little salt and pepper to taste

One clove or garlic or a sprinkle of garlic salt (optional)

Method

1. Mix all the ingredients together in a jar with a screw top. Alternative whisk them up in a bowl with a fork.

If using garlic salt you probably won't need to add any ordinary salt.

You could also add some chopped fresh herbs, such as parsley or 1/4 teaspoon each of dried basil or oregano.

Pasta Salad

Ingredients

Cooked pasta shells – about 1½ mugs

½ green pepper

1 or 2 tomatoes

1 teaspoon lemon juice

2 teaspoons olive oil

Tin of tuna

Fresh parsley

Method

1. Mix all the ingredients together in a bowl.
2. Stir in the lemon juice and oil.

Alternatively add a little mayonnaise if preferred.

You could vary this salad by adding other ingredients that you like, such as kidney beans or diced cucumber.

Tomato and Cucumber Salad

Ingredients

3 – 4 tomatoes

¼ cucumber

salt and pepper

½ teaspoon sugar

French dressing or olive oil

½ teaspoon dried marjoram

Method

1. Slice the tomatoes thinly and arrange in a circle on a plate.
2. Peel and thinly slice the cucumber and arrange alternately with the tomato
3. Sprinkle with salt, black pepper and sugar
4. Leave for at least 10 minutes
5. Pour over the French dressing and sprinkle with marjoram
6. Serve immediately

Banana Cake

Ingredients

4 oz margarine/butter

4 oz castor sugar

2 or 3 bananas

2 eggs

6 oz self-raising flour

Method

1. Turn the oven to 190°C
2. Cream margarine or butter with the sugar until smooth
3. Mash the bananas in a separate bowl and add to the creamed mixture
4. Beat the eggs in a separate bowl and then add them to the mixture
5. Fold in the flour gently
6. Pour into a 1lb loaf tin and place in the middle of the oven. Cook for about 45 minutes until the cake has risen and the top is brown
7. Sieve a spoonful of icing sugar on to the top

If you want to ice this cake, mix several spoonfuls of sieved icing sugar with a little lemon juice and enough water to make a smooth and slightly runny paste. Spread on top of the cake

Breakfast Dishes

Porridge

Ingredients

4 rounded dessertspoons of porridge oats
1 mug of water
Pinch of salt

Method

Place all the ingredients in a small saucepan
Cook over a medium heat stirring constantly until the porridge boils
Continue to cook for a further 3-4 minutes – if the mixture is too thick add a little water or milk
Serve with milk or cream and sugar

This will make 1 generous serving

Eggs

Boiled

Place the egg in a saucepan, cover with cold water. Bring to the boil and time for 3mins for a very soft boiled egg, 4mins for a little firmer. For a hardboiled egg boil for 8 minutes.

Fried

Measure 2 dessert spoons of oil into a frying pan and heat on high till there is a faint shimmer on the surface of the oil. Carefully break in the egg and turn down the heat to medium. Carry on cooking for 1-2mins scooping some oil over the egg till it is ready. Remove from the pan with a fish slice.

Scrambled

Break two eggs into a bowl, add a little salt and pepper and whisk with a fork till the yolk and white are mixed. Melt 1teasp butter in a small saucepan and add the whisked eggs. Cook over a medium heat stirring all the time until the egg has thickened. Remove from the heat and serve immediately.

Omelette

Break two large eggs into a bowl, add salt and pepper and whisk with a fork till mixed. Melt a little butter in a small frying pan and heat till the butter froths. Pour in the egg and count to five. Now using a knife tilt the pan to allow the uncooked egg to flow underneath and cook. Continue to do this until the egg has set. You can add a filling e.g. cheese, cooked mushroom, ham or tomato. Fold in half and serve.

Bacon

Place a little oil in a frying pan, heat over a medium heat, add the bacon rashers and cook slowly until the bacon begins to crisp. Or place on a grill pan and put under a hot grill till crisp – turning once.

Sausage

Place a little oil in a frying pan, heat over a medium heat, add the sausages and cook gently turning frequently till brown and cooked through. This will take about 10 minutes if the sausages are thick. Or place on a grill pan and put under a hot grill, turning frequently till brown and cooked through.

Tomatoes

Cut a large tomato in half and fry in a little oil or grill with a little butter on top till cooked – about 5 minutes.

Mushrooms

Wash the mushrooms well and dry on kitchen towel. Slice if large.

Melt a little butter or oil in a saucepan and fry the mushrooms for about 5 minutes till cooked through

Carrot Cake

Ingredients

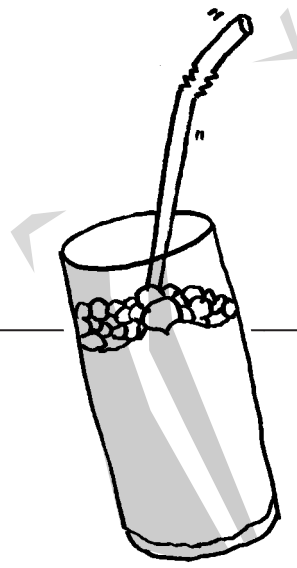
2 medium carrots
2 eggs
50gms (2 tablespoons) sugar
100gms self-raising wholemeal flour
1 teaspoon baking powder
1 teaspoon mixed spice or cinnamon
50gms desiccated coconut
50gms raisins
3 tablespoons sunflower oil
Icing
75gms low-fat cream cheese
150gms (12 tablespoons icing sugar)

Method

1. Heat the oven to 190°C/Gas mark 5
2. Grease a 20cm (8 inch) round cake tin, line the base with baking paper or tin foil and grease again
3. Sieve the flour, baking powder and spice into a mixing bowl
4. Grate the carrots
5. Beat the eggs in a small bowl with a fork and gradually add the oil
6. Add all the ingredients to the flour mixture and mix well using a wooden spoon
7. Spoon the mixture into the cake tin, smooth the top and bake for 20 – 25 minutes
8. The cake is ready when it is golden brown and the sponge springs back when touched lightly
9. Leave to cool in the tin for 5 minutes then turn out onto a wire rack
10. When the cake is cool spread the icing on top

Icing

1. Sieve the icing sugar into a mixing bowl
2. Add the cream cheese and mix together until smooth



Smoothies and Milkshakes

Strawberry Smoothie

400-500g strawberries

1 banana

1/2 pint apple juice

Put all ingredients into liquidiser and blend until as smooth as required. Add more apple juice as required.

Banana Milkshake – makes 4 large glasses

3 bananas, chopped

500ml semi skimmed milk

6 small scoops vanilla ice-cream (optional)

Place all ingredients in liquidiser and blend until smooth.

Ice Cool Fruity – makes 4 large glasses

3 peeled kiwi fruit, quartered

300g fresh strawberries

350ml orange juice

8 ice cubes

Place all ingredients in liquidiser and blend until as smooth as required.

Breakfast in a Glass – makes 2 large glasses

150ml skimmed or semi-skimmed milk

100ml low fat yoghurt

1 banana, chopped

1 apple, cored and cut up

10ml wheatgerm (optional)

15ml runny honey

4 ice cubes

Place all ingredients in liquidiser and blend until smooth

Creamy Fruit Smoothie

2 nectarines – peeled and pips removed

250g strawberries

1 banana, chopped

200ml orange juice

Place all ingredients in liquidiser and blend until smooth as required.

Conversion Tables

Weights

Metric	Imperial
25g	1 oz
50g	2 oz
75g	3 oz
100g	4 oz
125g	5 oz
150g	6 oz
175g	7 oz
200g	8 oz
300g	12 oz
400g	16 oz/ 1 lb

Liquid Measures

Metric	Imperial
2.5 ml	1/2 teaspoon
5 ml	1 teaspoon
15 ml	1 tablespoon
150 ml	5 fl oz/ 1/4 pint
300 ml	10 fl oz/ 1/2 pint
600 ml	20 fl oz/ 1 pint
1 litre	35 fl oz/ 1 3/4 pints

Oven Temperatures

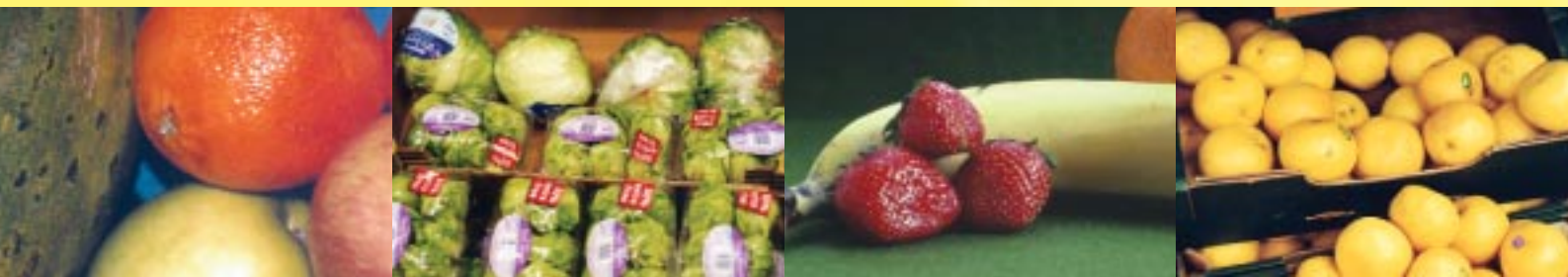
Celsius	Fahrenheit	Gas Mark
140°C	275°F	Gas 1
150°C	300°F	Gas 2
160°C	325°F	Gas 3
180°C	350°F	Gas 4
190°C	375°F	Gas 5
200°C	400°F	Gas 6
220°C	425°F	Gas 7
230°C	450°F	Gas 8
240°C	475°F	Gas 9

Handy Measures

Measure	Ingredient	Metric weight	Imperial weight
1 cup	Flour	100g	4 oz
1 cup	Sugar	200g	8 oz
1 cup	Icing sugar	100g	4 oz
1 cup	Lentils	150g	6 oz
1 cup	Barley	175g	7 oz
1 cup	Broth mix	200g	8 oz
1 cup	Rice	150g	6 oz
1 cup	Raisins/ sultanas	125g	5 oz
1 cup	Sweetcorn	100g	4 oz
1 cup	Frozen peas	100g	4 oz
1 tablespoon	Sugar	25g	1 oz
2 tablespoons	Flour	25g	1 oz
2 tablespoons	Butter/margarine	25g	1 oz

Please note all cup or spoon measures are level.

Please use the same cup or spoon throughout a recipe.



Edinburgh

Cyrenians

tackling homelessness
and promoting community

For details about sources of further information
on diet and nutrition for homeless people please contact:

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Health Improvement Services
84-86 Jane Street
Edinburgh
EH6 5HG

Tel: 0131 554 3900

Fax: 0131 554 4032

e-mail: fareshare@cyrenians.org.uk

web site: www.cyrenians.org.uk Health Improvement Services

(Scottish Charity No: 11052)