

Holiday, Activities and Food Family Booklet



Winter (Version 1.0)



Department
for Education



Gloucestershire
COUNTY COUNCIL

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Introduction

At Gloucestershire County Council (GCC) we are committed to supporting children and families to make healthier choices. This recipe booklet has been produced by the nutrition team at GCC for parents/carers with the purpose of providing recipes for all the family.

Healthy Eating

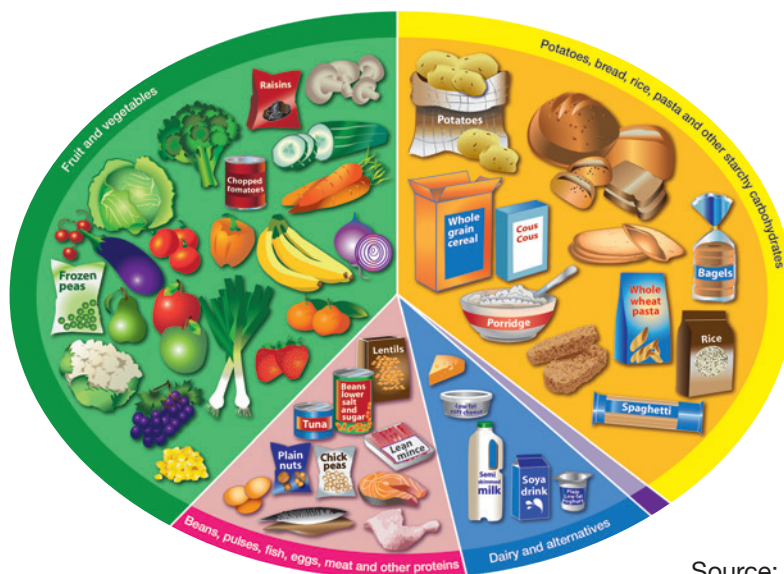
The Eatwell Guide is produced by the government. The guide shows how much of the food we eat should come from each food group to achieve a healthy and balanced diet. You do not need to achieve this with every meal but aim for the right balance for the day or the week.

The Eatwell Guide contains five food groups:

1. Fruit and vegetables
2. Protein
3. Dairy and alternatives
4. Fats and oils
5. Starchy carbohydrates

No single food group contains all the nutrients our body requires. Different food groups contain essential vitamins and minerals that support various functions within our bodies. Eating a variety of foods ensures all nutrients are provided.

The Eatwell Guide applies to most people, healthy weight or overweight, whether you eat meat or are vegetarian and people of all ethnic origins. If you or a member of your family has specific dietary requirements or medical needs, they should seek advice from a GP on how to adapt The Eatwell Guide to meet individual needs.



Source:
NHS, 2022

Top Tips for Food Hygiene

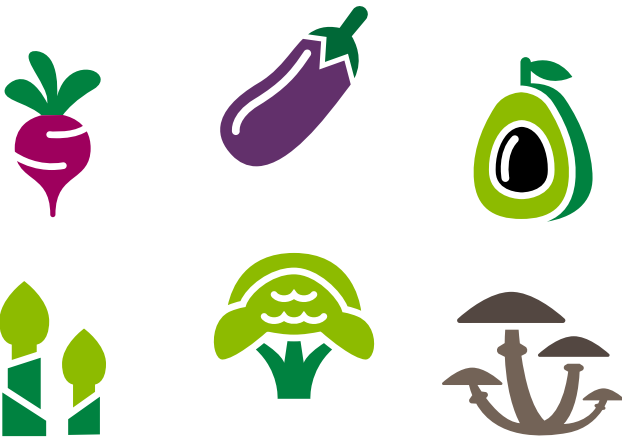
- Always wash hands thoroughly before handling food.
- Wash fruits and vegetables before use.
- Defrost food thoroughly before use.
- Use separate chopping boards and utensils for raw meat, cooked food, and fresh vegetables.
- Always follow cooking instructions.
- Always check food is fully cooked before serving.
- Keep hot foods hot and cold foods cold. Don't leave food standing around for long periods of time.

Plant-based Diets

A plant-based diet does not refer to a vegan or vegetarian diet. A plant-based diet refers to a diet based mainly around plant-based foods including fruits, vegetables, grains, legumes (beans and lentils), nuts, seeds, and plant-based oils. A plant-based diet reduces the consumption of animal products.

Why should you consider a plant-based diet?

Families should consider a plant-based diet as it is high in fibre and nutrients, wholegrains, and plant-based proteins. Additionally, it can be budget friendly as plant-based foods are often more affordable than animal-based products, you can also store them in the cupboard. You will also be doing your part for our planet and reducing your carbon footprint!



Don't Forget

Adopting a plant-based diet can be flexible, it doesn't have to be strict. Make choices that match your health and ethical values whilst enjoying the benefits of a plant-based lifestyle. Our nutrition team at Gloucestershire County Council have put together these top tips.

Introducing plant-based foods

Start by slowly introducing more plant-based meals into your diet. This allows you to adapt to new flavours and cooking techniques over time. For example, dedicated day of the week to only vegetarian meals. Good places to search for recipes are the GCC HAF website, BBC Good Food, Jamie Oliver, Tesco Real Food, Asda and Morrisons Recipes.

More variety

Get to know foods you might not usually cook with such as wholegrains, legumes, and tofu. Experiment with different types of cuisines and ingredients to keep meals exciting. Some examples of popular dishes include bean burritos, mushroom risotto, and vegetable fried rice.

Get to know plant-based proteins

Not sure how to replace meat? Get to know the alternatives. Meat alternatives can include beans, lentils, tofu, tempeh, nuts, and seeds. To get started, try replacing half of the meat in your spaghetti bolognese or chilli with lentils.

Plan balanced meals

Meal planning your plant-based meals can help you save time and money; it also gets the whole family involved. The next page has some top tips for meal planning!

Top Tips for Meal Planning

Get the whole family involved in meal planning and ask everyone to take turns in choosing meals for the week ahead. Aim for a variety of foods and colours. When deciding with the family what to eat, ask them to pick a carbohydrate (rice, pasta, or potatoes), vegetables and a protein (meat, poultry, beans).

Meal planning can save time, money and stress whilst also promoting healthier family eating habits. Here are our nutrition teams top tips to help guide you: .

1] Set Clear Goals

Define your 'why'. Are you aiming for healthier eating, saving money, reducing food waste, or simply making dinnertime less stressful? Having clear goals will guide your meal planning choices.

2] Create a Weekly Schedule

Develop a weekly meal plan that includes breakfast, lunch, dinner, and snacks. This helps ensure balanced nutrition and minimises last-minute decisions.

3] Use tinned and frozen foods

Did you know frozen foods are usually more nutritious than fresh? Frozen and tinned foods are usually cheaper and provide the same or greater nutrition content when compared to fresh foods. They also have a longer shelf life which can help prevent food waste.

4] Theme Nights

Consider theme nights (e.g. Meatless Monday, Mexican night) to simplify planning and add excitement to meals. This will add an element of fun and anticipation to meals. See if the kids want to design some menus.

5] Shopping Lists

Create a detailed shopping list based on your meal plan. Stick to the list to avoid impulse purchases and stay on budget. If you know the shop well enough, you can organise your list into sections of the shop to be more efficient.

6] Stay Flexible

Life can be unpredictable. Be prepared to adjust your meal plan if needed and have a selection of quick and easy recipes on hand for busy days. For example, you could have a vegetable omelette with baked beans at the end of the week to use all the leftover vegetables in the fridge.

Warming Winter Vegetable Pie

Serves: 4



Allergens:

Milk

Gluten

This healthy and vegetarian pie is the perfect comfort meal for those Winter evenings. Packed with flavourful and nutritious ingredients.



Preparation time: 15 minutes

Cooking time: 45 minutes.

Ingredient	How much?	In what form?
Potato	900g/4 cup	Cut into small chunks
Cauliflower	Half a cauliflower	Broken into small pieces
Carrot	2 (large)	Cut into small sticks
Peas	200g/1 cup	Frozen or tinned
Chopped tomatoes	1 tin	
Milk*	200ml/1 cup	
Garlic	3 cloves	Crushed
Onions	2 whole	Sliced
Olive Oil	2 tbsp	
Flour*	1 tbsp	
Rosemary	A small pinch	Fresh or dried

* Indicates ingredient with an allergen. Milk: milk, Flour: gluten.

Method

1. Heat the olive oil in a large pan over a medium heat.
2. Add the onions and cook for 10 minutes until softened, then stir in the flour and cook for a further 2 minutes. Add the carrots, cauliflower, garlic, and rosemary, and cook for 5 minutes, stirring regularly.
3. Pour the tinned tomatoes into the pan, rinse the tin with water and pour a tin full of water into the pan.
4. Simmer for 20-25 minutes and stir halfway through until sauce has thickened, and the vegetables are cooked. Mix in the peas and cook for 1 minute more.
5. Heat the oven to 200C/180C fan/gas 6.
6. In a separate pan, boil the potatoes for 10-15 mins until tender.
7. Drain the potatoes, then place back in the saucepan and mash. Stir through enough milk to reach a soft consistency, then add the remaining olive oil.
8. Place the vegetable mix into a pie dish, top with the potato mash and use a fork to even out the surface.
9. Place in the oven until the top is golden brown.

Top tips!

#1 Leave the skin on your vegetables for added fibre. Fibre may support digestion and help us to stay fuller for longer. You can also add any leftover vegetables in your fridge.

#2 Replace the milk with a plant-based milk, such as soya or oat milk, for a vegan pie.

Vibrant Vegan Chilli

Serves: 4

Allergens: None

A hearty mid-week meal, packed full of plant-based protein. Serve with a carbohydrate of your choice such as savoury rice or a fluffy jacket potato.

Preparation time: 15 minutes

Cooking time: 45 minutes

Ingredient	How much?	In what form?
Tomatoes	2 tins	Chopped
Black beans	1 tin	Drained
Kidney beans	1 tin	Drained
Sweet potatoes	2 (whole)	Skin-on, cut into small chunks
Red pepper	1 (whole)	Cut into chunks
Carrots	2 (whole)	Diced
Olive Oil	3 tbsp	
Paprika	2 tsp	Dried
Cumin	2 tsp	Dried
Onion	1 (whole)	Diced
Garlic	2 cloves	Crushed
Chilli powder	1 tsp	Dried
Tomato puree	2 tbsp	

Top tips!

#1 You can add any extra tinned beans or vegetables you find in the cupboard, the more fibre, the better! .

#2 You can also make this dish in a slower cooker, keep it on low for 5 hours.



Method

1. Heat the oven to 200C/180C fan/gas 6.
2. Put the sweet potato in a roasting tin and drizzle over half of the olive oil, paprika and the cumin. Make sure the sweet potato is covered in the spices, give it a good mix.
3. Place the dish in the oven and roast for 25 minutes until cooked.
4. Whilst the sweet potato is cooking, heat the remaining oil in a large saucepan over a medium heat. Add the onion and carrot. Cook for 8-10 minutes, stirring until soft, then the garlic and cook for 1 min more.
5. Add the remaining dried spices and tomato purée. Give everything a good mix and cook for 1 minute more.
6. Add the red pepper, chopped tomatoes and 200ml water. Bring the chilli to a boil, then turn the heat down to simmer for 20 minutes.
7. Tip in the beans and cook for another 10 mins before adding the roasted sweet potato.
8. Serve with a carbohydrate of your choice such as rice or a fluffy jacket potato. The chilli will keep, in an airtight container in the freezer, for up to 3 months.

Aromatic Vegetable Pilaf Rice

Serves: 4



Allergens:

Milk

Gluten

Pilaf, also known as pilav, pilafi or pulao, is a dish with roots in the Middle East, Central Asia and South Asia.

Pilaf rice is a fragrant and wholesome meal packed with vegetables and aromatic flavours.

Preparation time: 15 minutes

Cooking time: 45 minutes.

Ingredient	How much?	In what form?
Vegetable stock*	450ml/2 cups	
Butter* or Ghee*	2 tbsp	
Garlic	2 cloves	Crushed
Cumin seeds	1 tsp	
Ground coriander	1 tsp	Dried
Ground cardamom	1 tsp	Dried
Ground turmeric	1 tsp	Dried
Green beans	Large handful	Frozen or fresh
Peas	100g or 1/2 cup	Frozen
Spinach	Large handful	Frozen or fresh
Basmati rice	250g/1 cup	
Onions	2 (large)	Whole

* Indicates ingredient with an allergen. Vegetable stock: **gluten**; Butter/ghee: **milk**.



Method

1. Heat a large pan on a medium heat.
2. Peel the onion and cut into slices.
3. Place the butter or ghee into the pan and heat up. Once heated, add the onion and cook for around 20 minutes, until caramelised.
4. Stir in the green beans and garlic and cook for 2 minutes then stir in all the spices and cook for 1 minute.
5. Add the rice and stir until coated in all the spices.
6. Pour in all the vegetable stock and stir.
7. Cook on a low heat for 15 minutes, stirring in the peas and spinach for the final 3 minutes.
8. Dish up and enjoy!

Top tips!

#1 Feel free to add any vegetables of your choice. You could try using peppers, carrots, broccoli, or any vegetable you or your family enjoy.

#2 Try using wholegrain rice. Wholegrain rice can increase your fibre and nutrient intake, it will also add a nuttier flavour to the dish and keep you and your family fuller for longer.

Scrummy Sausages with a Winter Vegetable Mash

Serves: 4



Allergens:

Milk

Gluten

A delicious homemade hug in a bowl! This recipe is designed to be budget friendly, without compromising on taste.

This versatile dish can be vegan/vegetarian, perfect for all the family.

Preparation time: 10 minutes

Cooking time: 30 minutes.

Ingredients	How much?	In what form?
Sausages*	8	Raw
Potatoes	6 (medium)	Raw and unpeeled
Parsnips	2 (medium)	Raw and unpeeled
Carrot	2 (medium)	Raw and unpeeled
Peas	1 handful	Frozen or fresh
Milk*		Semi-skimmed

* Indicates ingredient with an allergen. Sausages: gluten; Milk: milk.



Method

1. Heat the oven to 200C/180C fan/gas 6.
2. Whilst the oven is pre-heating, boil a pan with water.
3. Roughly chop the potatoes, parsnips, and carrots.
4. Place the vegetables in a pan of boiling water for around 10 minutes, add the peas around 8 minutes.
5. Place the sausage on a baking tray and put a timer on for 25-30 minutes.
6. Once the vegetables are cooked, drain and mash the vegetables with the milk.
7. Remove the sausages from the oven. Place the sausage and mash onto a plate and enjoy!

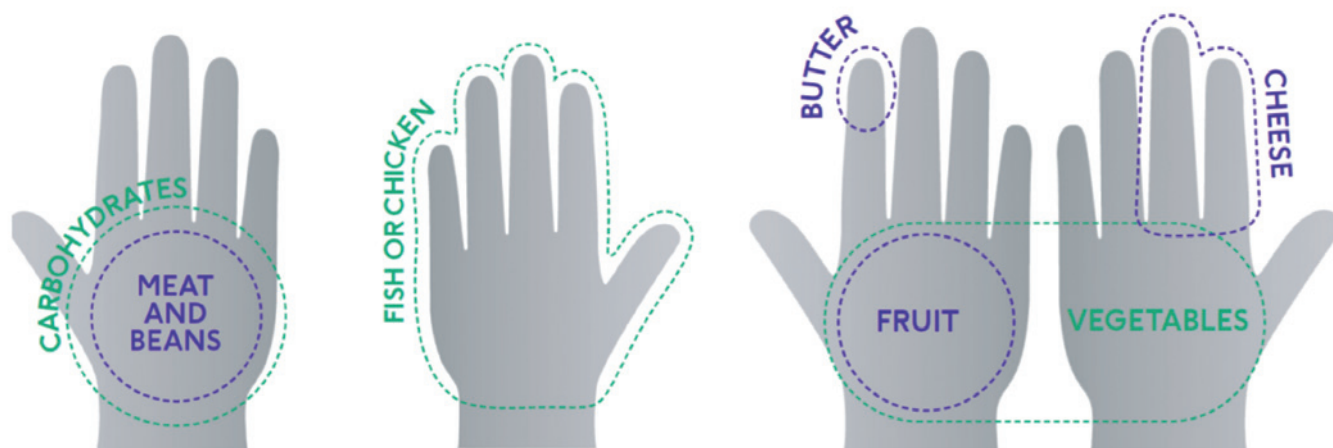
Top tips!

#1 Leave the skin on your vegetables for added fibre. Fibre may support digestion and help us to stay fuller for longer. You can also add any leftover vegetables in your fridge.

#2 Replace the sausages with a plant-based alternative and the milk with a plant-based milk, for example soya or oat milk for a vegan or vegetarian dish.

Hand Portions

Using your hands is an easy way to measure portions without using equipment.



(British Heart Foundation, 2022)

Oven temperature guide

(BBC Good Food, 2022)

Temperature	Electricity °C	Electricity (fan) °C	Gas Mark
Very cool	110	90	1/4
	120	100	1/2
Cool	140	120	1
	150	130	2
Moderate	160	140	3
	180	160	4
Moderately hot	190	170	5
	200	180	6
Hot	220	200	7
	230	210	8
Very hot	240	220	9

Activity 1: Eat the Rainbow!

Use the space below to draw some of your favourite plant-based foods, try and think of some for each colour:

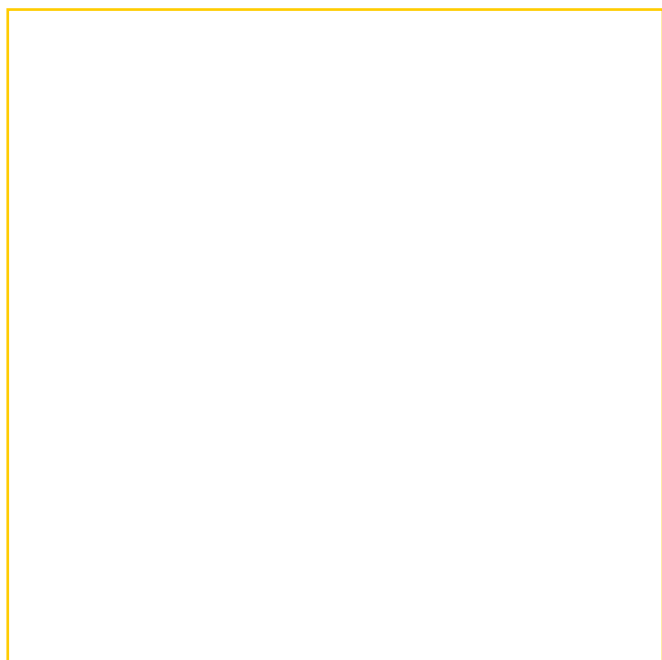
Red

A large, empty square box with a red border, intended for drawing red plant-based foods.

Orange

A large, empty square box with an orange border, intended for drawing orange plant-based foods.

Yellow

A large, empty square box with a yellow border, intended for drawing yellow plant-based foods.

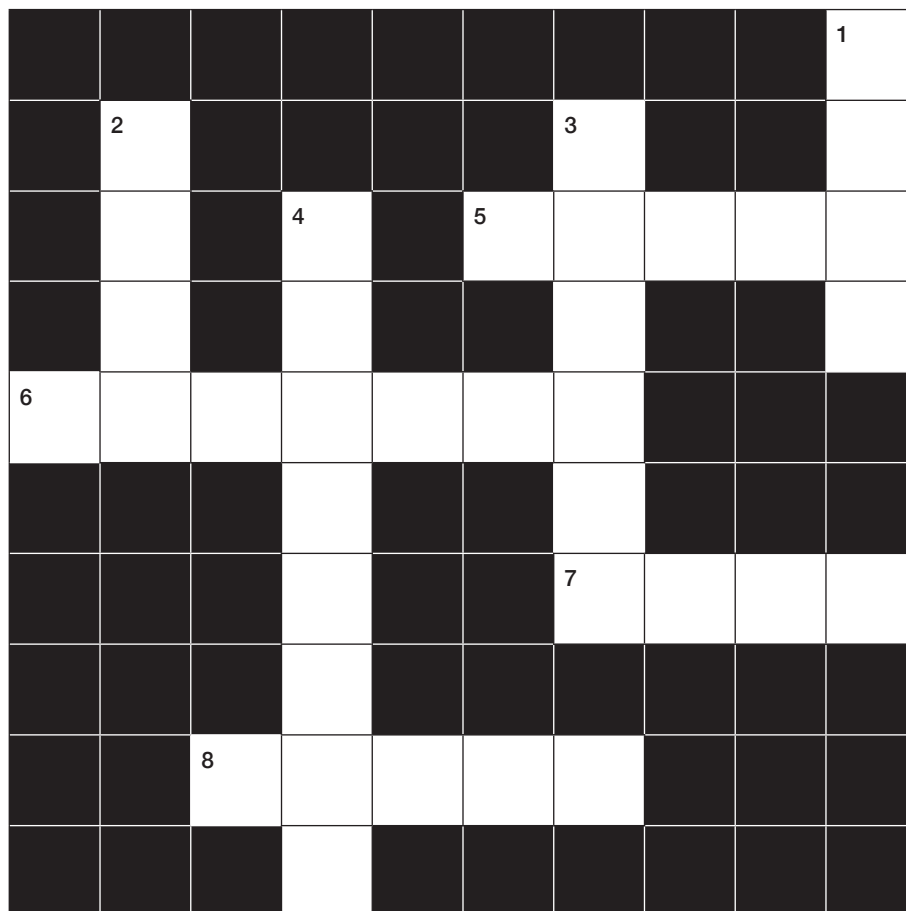
Green

A large, empty square box with a green border, intended for drawing green plant-based foods.

Activity 2:

Fun with Fibre Crossword

Did you know plant-based foods are packed with fibre? Fibre helps to keep us fuller for longer and supports our digestion.



Across

5. This starchy carbohydrate is popular all over the world, but originates from Italy!
6. An excellent source of fibre but also a plant based protein.
7. A handful of these are a fantastic source of fibre.
8. Typically bought in a tin, a great addition to breakfast, lunch or dinner. Usually served in a tomato sauce.

Down

1. A delicious small green vegetable.
2. A staple food in many cultures around the world. Grown in underwater paddies.
3. What's a dried grape?
4. This vegetable is known as a 'starchy carbohydrate', it is a staple in many recipes and can be grown underground in the UK.

Activity 3:

Plant-based food quiz



1. What are plant-based foods?

- a. Foods made from plants
- b. Foods made from animals
- c. Foods made from animal products

2. Which of the following is NOT a plant-based food?

- a. Broccoli
- b. Cheese
- c. Carrots

3. Which of the following is mainly found in plant-based foods in comparison to animal products?

- a. Fibre
- b. Protein
- c. Dairy

4. What is a plant-based source of calcium?

- a. Broccoli
- b. Cow's milk
- c. Cheese

5. Which plant-based food often comes in traffic light colours?

- a. Blueberries
- b. Brussell sprouts
- c. Peppers

6. Which of the following is a plant-based milk made from ground nuts?

- a. Almond milk
- b. Cow's milk
- c. Oat milk

7. What is a plant-based diet?

- a. A plant-based diet does not refer to a vegan or vegetarian diet. A plant-based diet refers to a diet based mainly around plant-based foods including fruits, vegetables, grains, and legumes. A plant-based diet reduces the consumption of animal products.
- b. A plant-based diet is a vegan or vegetarian diet. A plant-based diet refers to a diet based around only plant-based foods including fruits, vegetables, grains, and legumes. A plant-based diet eliminates the consumption of animal products.

8. How can you gradually introduce more plant-based meals into your diet?

- a. By eating only plant-based foods for a week.
- b. By slowly introducing new flavors and cooking techniques over time.
- c. By avoiding all plant-based foods.

9. Which plant-based food is a good source of protein and is often used as a meat substitute in vegetarian and vegan dishes?

- a. Tofu
- b. Cream
- c. Potatoes

10. Where is a good place to find plant-based recipe ideas?

- a. Only your local library.
- b. GCC HAF Website, BBC good food and supermarket websites.
- c. None of the above.

Answers: 1. a, 2. b, 3. a, 4. a, 5. c, 6. a, 7. a, 8. b, 9. a, 10. b

Activity 4:

Harry the Healthy HAF Superhero

Harry needs some colour! Can you colour him in?

Now he has some colour... he is feeling hungry!

Harry is a busy superhero and needs lots of energy including starchy carbohydrates and fruits and vegetables to keep him going. Based on The Eatwell Guide, write and draw some suggestions for Harry to eat today. .

Breakfast

Lunch

Snack

Dinner



Additional Support

Accessing Food Banks

If you feel you are struggling to put food on the table, agencies can work with you and offer support by issuing you a foodbank voucher which is the most important step to getting access to the foodbank.

Agencies that can issue foodbank vouchers will include: Citizens Advice, housing support officers, children's centres, health visitors, social services and some local charities.

Call our Free National Helpline

If you are in financial crisis and live in England or Wales, please call our free national helpline, Help through Hardship, on **0808 208 2138** for free (open Monday to Friday, 9am-5pm, closed on public holidays) to talk confidentially with a trained Citizens Advice adviser. They can help address your crises and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they'll issue you with a voucher so you can get an emergency food parcel from your local food bank.

Translators and Relay UK

Please ask the adviser if you need a translator, this will be provided via Language Line. If you can't hear or speak on the phone you can use Relay UK.



Foodbanks

There are seven Trussell Trust foodbanks in the county, some are now offering home delivery options and are operating an electronic referral system.

Cheltenham Food Bank

Website: <https://cheltenham.foodbank.org.uk>

Phone: 01242 570080

Email: foodbank@cheltenhamelim.org

Gloucester Food Bank

Website: <https://gloucester.foodbank.org.uk/>

Phone: 01452 309683

Email: info@gloucester.foodbank.org.uk

Forest of Dean: The Forest Food Bank

Website: <https://theforest.foodbank.org.uk>

Phone: 07775 265263

Email: info@theforest.foodbank.org.uk

Tewkesbury Food Bank

<https://tewkesbury.foodbank.org.uk>

Phone: 01684 296824

Email: info@tewkesbury.foodbank.org.uk

Stroud Food Bank

Website: <https://strouddistrict.foodbank.org.uk>

Phone: 01453 367077

Email: office@strouddistrictfoodbank.org.uk

North Cotswolds Food Bank

Website: <https://northcotswold.foodbank.org.uk/>

Phone: 07879 375562

Email: info@northcotswold.foodbank.org.uk

Cirencester Food Bank with Fairford and Tetbury

Website: <https://cirencester.foodbank.org.uk>

Phone: 01285 896360

Email: info@cirencester.foodbank.org.uk

The Food Larder (Brockworth)

Website: <https://www.facebook.com/TheFoodLarder/>

Independent Food Banks and Organisations

There are also some independent food banks and organisations in the county that can offer support with food, including:

Hungry no More (Churchdown)

Website: <https://www.neighbourly.com/project/5f8d6efa5f75b0a821b3b470>

Pantry Project (Cheltenham)

Website: <https://www.ccp.org.uk/pantry>

The Lord's Larder (Newent)

Website: <http://thelordslarder.org.uk/>

Wiggly Worm (Cheltenham)

Website: <https://wigglycharity.org/>

Household Support Fund

The Household Support Fund is intended to alleviate hardship and support those most in need that have been affected by the significant rising in cost of living. It is to meet immediate needs and support those struggling to afford food, energy, water, and utility related essential expenses. Due to significant increases in energy prices, the rising costs of fuel and general cost of living, many households will be adversely affected and placed into financial hardship and therefore there will be a greater emphasis on supporting households with energy bills, food and water bills, and the general cost of living through the Household Support Fund.

The purpose of the Household Support Fund is to support households in the most need with food, energy and water bills and other essential items.

Individuals, working age adults, families (with or without children) and individuals of pensionable age can self-refer. Any referral agency in the voluntary or statutory sector can refer a client in need of financial support, for example, a support worker.

For residents to come forward and apply for support. This is a discretionary fund, allocated on a case by case basis, to mitigate severe financial hardship.

To find out more and apply visit the Household support fund website at:

<https://www.gloucestershire.gov.uk/health-and-social-care/gloucestershire-welfare-support-scheme/household-support-fund-find-out-more-and-apply/>

Contact us

Call: 01452 426165

Email: localsupportgrants@gloucestershire.gov.uk

Welfare Fund

The fund provides practical support to eligible adults and families for food, gas/electricity top ups and household items such as furniture including white goods/appliances and furniture. Auriga Services Ltd administers the delivery of the Gloucestershire Welfare Support Scheme.

In April 2020 Gloucestershire County Council approved plans to extend the existing Welfare Support Scheme for a time limited period to provide support to people and families in hardship as a result of the Covid-19 pandemic. This is a time-limited extension to the scheme and Gloucestershire County Council will review and adjust the scheme as required depending on how the situation evolves.

Support agencies have told us they are pleased with the scheme to date as it is straight forward to access and provides appropriate support to the right people quickly.

Please find the application here: <https://www.gloucestershire.gov.uk/health-and-social-care/gloucestershire-welfare-support-scheme/covid-19-emergency-living-fund/>

Contact us

Call: 0330-123-5550

Email: office@gloucWRO.co.uk

See also the County Councils Support Hub with links to helpful information and advice and will provide you with the tools you need to save money, look after your mental health and wellbeing and conserve energy: <https://www.gloucestershire.gov.uk/your-community/support-hub/> along with other Resources & Support around the Holiday Activity & Food Programme: <https://www.gloucestershire.gov.uk/education-and-learning/holiday-activities-and-food-programme/other-support-and-resources-for-haf/>

Scan the QR code here to see our 'Access to food, activities and wellbeing during the holidays' booklet for more information.



Disclaimer:

If you or a member of your family is allergic to any items in any of the recipes, do not use the item and replace it with an alternative item that is safe for you and your family.

Please note that GCC is just providing this recipe booklet and shall not be responsible for any untoward incident that may arise due to lack of reasonable and responsible care of parents/carers.

If you decide to use change the ingredients or use alternative measurements for the recipes, this may alter the nutritional information and health claims.

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Prepared by Gloucestershire County Council **Children and Families Commissioning Team.**