

Holiday, Activities and Food Family Booklet



Summer (Version 1.0)



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Introduction

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

The recipes in this booklet have been created by families for families across Gloucestershire. All the recipes have a clear list of ingredients, allergens, and instructions.

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 of a day or a 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.

Diverse Cultures

Learning about diets within diverse cultures is important as it helps us develop cultural appreciation for food that can represent traditions, beliefs, and values.

Sharing food is often a way to connect with others and build relationships, by learning about the food of diverse cultures, we can connect with people from different backgrounds and form new friendships and relationships.

The African and Caribbean Eatwell Guide

This guide (opposite) displays popular foods that represent countries that shape African and Caribbean communities with the UK. The food groups remain the same as the Eatwell Guide however, you may see some foods you do not recognise. We would encourage families to learn about the diversity of different cultures.

Below are some examples of foods in this guide (MyNutriWeb, 2023):

Carbohydrates

Yam: Pounded in West African cuisines, used in soups and stews. Can also be used to make fufu.

Breadfruit: Often roasted and served with dishes such as ackee and saltfish. Savoury, although riper varieties have a subtle sweet taste.

Taro root: Staple often used in stews.

Plantain: Green plantains are starchy, whilst yellow plantains are sweeter. Frequently used in soups, stews, curries or as a standalone side dish. Used in a variety of ways across Caribbean and African cultures (e.g. tostones and tatales).

Proteins

Mackerel: Popular in Jamaican coconut-based dish such called mackerel rundown, typically made with yam and green banana.

Tilapia: Popular fish across many African countries.

Soy chunks: Typically used in a lot of plant-based meals.

Fruit and Vegetables

Ackee: Sold in tins in the UK – yellow fleshy fruit eaten. Used in many savoury dishes such as ackee and saltfish or in stew or curries.

Sapote: Species of persimmon, also known as ‘chocolate pudding fruit’.

Guava: Popular fruit. Sometimes used in jellies, jams or glazes for bbqs.

Pak choi: Popularly consumed, particularly in Caribbean cuisine.

Cho cho: Typically used in soups and stews.

Dairy Alternatives

Soya and almond milk: Alternatives for plant-based or Rastafarian (vegan) communities

Additional resources to learn more about diverse cultures:

The South Asian Eatwell Guide

https://www.medway.gov.uk/downloads/file/7311/south_asian_eatwell_guide

The Diverse Nutrition Association - Factsheets

<https://www.diversenutritionassociation.com/factsheets>

British Heart Foundation - Traditional Recipes

https://nhsforhvalley.com/wp-content/uploads/2021/11/g503_tradtional_foods_healthy_dishes.pdf

African & Caribbean Eatwell Guide

Use this Eatwell Guide to help you understand some cultural foods and help get a better balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	3.0g	34g	0.5g
Total fat	1.2g	34g	0.5g
Total carbohydrate	1.0g	34g	0.5g
Salt	0.5g	34g	0.5g
% RDI*	4%	7%	10%

*Typical values less than 5% are of an adult's reference intake

Choose foods lower in fat, salt and sugars



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose a wholegrain or higher fibre version with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Items shown: Sweet potatoes, Potatoes, Rice, Yam, Cassava, Taro root, Breadfruit, Plantain, Green banana, Boli, Injera, Whole Grain Flours, Hard dough & Agee bread, Fufu, Bammy, Garri, Kenkey, Barley, Fonio, Speltz, Kamut, Teff.

Fruit and vegetables

Items shown: Tamarind, Papaya, Watermelon, Soursop, Guava, Scotch bonnet, Pak Choi, Chayote/Chocho, Okra, Avocado, Broccoli, Pumpkin, Lentils, Beans, Soy chunks, Fish, Meat, Eggs, Dairy alternatives.

Choose unsaturated oils and use in small amounts

Oil & spreads

Dairy and protein alternatives

Choose low sugar alternatives

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Eat less often and in small amounts

Patties/Meat Pies, Malt beverages, Fried doughs (puff puff, dumpling, festival, pholourie)



Melissa Saint Hill, Amaeze Madukah & Ashleigh Simpson

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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10 ways to encourage positive eating behaviours with your children

We acknowledge that getting children to adopt a healthy and diverse diet can be challenging, and that parents/caregivers may need to offer encouragement.

Our GCC nutrition team has devised several tips for promoting positive eating habits in children. It is worth noting that not all children will respond the same way to these strategies, so we've provided a range of ideas.

1] Get Creative

Did you know it can take up to 10 or more exposures for a child to develop a taste for something new? If there is an ingredient that your child is particularly fussy about, often it will be the texture or the colour that is putting them off rather than the taste, so present it in a different way. Try cutting fruits or vegetables into fun shapes using biscuit cutters or arrange into faces or patterns.

2] Meal Planning and Preparation

Planning meals ahead of time can help families stick to a budget and prevent food waste. When children are involved in the process of selecting and preparing meals there is a sense of ownership which could entice them to try new things.

3] Cooking in Bulk

Cooking in bulk can help save families time and money. The kids can have a say in the meals and you can cook them together and freeze them for later.

4] Make Mealtime Fun

Mealtime shouldn't be a stressful or negative experience. There are ways you can make it more enjoyable such as having a picnic on the floor, playing a game whilst you eat or 'building your own' sandwiches, tacos, or pizza nights.

5] Food Bridges

Food bridges are about building on your child's favourite foods. If your child likes mash potato, for example, try grating apple or carrot and mix it in. If they like pasta sauce, try mixing in onion, peppers, or carrot. You could soon find that you'll be able to serve the additional ingredients on their own.

6] Reward Charts

Reward charts provide simple and clear reinforcement of positive behaviour and allow you to keep track of your child's food habits. Give your child a gold star or sticker for every time they try a new food and reward them when they hit a certain target (5 new foods, for example). Avoid using food as a reward, try using activities or games instead. This turns the process of trying new things into a positive experience, backed up with rewards.

7] Themes

Having a theme night now and again where you let the children dress up or make something relevant can add some creativity and interest to mealtimes. This can encourage children to try a variety of meals from different cultures.

8] Lead by Example

Children are more likely to try new foods if they see parents/carers eating them. Be a positive role model by trying new foods yourself and demonstrating healthy habits.

9] Offer Smaller Portions

Children can often be overwhelmed by large portions, so start with small serving of unfamiliar foods and encourage them to try a small bite and build the portions over time.

10] Encourage Meals Together

Eating meals together as a family can help children develop positive eating habits and try new foods by engaging in conversation about the foods you are eating.



Homemade Beef Burgers

Serves: 4



Allergens: Wheat Gluten

A family from Tewkesbury have shared their delicious Homemade Beef Burger recipe!



This recipe is designed to be simple, with only 4 ingredients and budget friendly. This American classic is perfect for all the family and allows children to be involved in preparation.

Preparation time: 20 minutes

Cooking time: 15 minutes.

Ingredient	How much?	In what form?
Beef mince	500g/2 cups	Ground
Burger buns*	4	Whole
Onion	1	Diced
Vegetable oil	1 tbsp	

Additional toppings you could add:
sliced tomato, cheese, lettuce.

* Indicates ingredient with an allergen. Burger buns: wheat, gluten.

Method

1. Place 500g ground beef mince into a bowl with 1 diced onion and 1 egg, then mix thoroughly.
2. Divide the mixture into four and roll each into the size of a tennis ball.
3. Set in the palm of your hand and gently squeeze down to flatten into burgers. Try and make all the burgers are the same thickness so that they will cook evenly.
4. Put on a plate, cover with cling film and leave in the fridge to firm up for at least 30 mins.
5. After 30 minutes, remove the burgers from the fridge, remove the cling film and rub each side of the burgers with vegetable oil.
6. Heat a frying pan on a medium/high heat. Place the burgers, in the frying pan. Cook for 10 mins each side.
7. Remove the burgers from the pan. Leave to rest on a plate for 5 minutes.
8. Slice four burger buns in half. Place a burger inside each bun, then top with your choice such as sliced tomato, cheese, and lettuce.

Top tip!

Getting the children involved with making the burgers can begin to create a positive relationship with food and cooking.

Lentil Dhal

Serves: 4-6



Allergens:

Milk

A family from Cirencester have shared their favourite mid-week meal.

This is from their recipe book 'Veggie Comfort Food' by Josephine Ashby, a Stroud local, published by The National Trust. This delicious fibre filled veggie staple can be served with rice, chapatis or naan bread.

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredient	How much?	In what form?
Red split lentils	300g/2 cups	Preferably soaked for a few hours
Water	600ml/1 pint	
Olive oil/butter* /ghee*	2 tbsp	
Onion	1	Finely chopped
Cumin seeds	1-2 tsp	
Coriander seeds	1-2 tsp	
Mustard seeds	1 tsp	
Root ginger	2-4 tsp	Chopped
Turmeric	1-2 tsp	
Cayenne pepper	¼ tsp	Dry
Salt and pepper to taste		

* Indicates ingredient with an allergen. Butter/ghee: milk.

Top tips!

#1 Soaking the lentils is not essential but it does reduce the cooking time, alternatively you can use pre-cooked tinned lentils.

#2 Leftovers can be made into a soup with water, coconut milk or a tin of tomatoes.



Method

1. Drain and rinse the lentils. Put them in a pan and cover with the water. Bring to boil, then skim off any foam that rises to the surface. Turn down to a medium heat, cover and simmer until tender and thick – about 25 minutes depending on whether they have been soaked. Add a little more water if the mixture is too dry and sticking to the pan. Aim for a thick consistency.
2. Meanwhile, heat the oil, butter or ghee in a pan and sauté the onion for a few minutes.
3. In a separate pan, dry fry the cumin, coriander, and mustard seeds until they start to pop, shaking the pan occasionally. As soon as they smell fragrant, tip them out of the pan to prevent them from burner.
4. Add the spices to the onions along with ginger, turmeric, and cayenne. Cook for a few minutes, stirring.
5. Once the lentils are cooked, stir in the onion, and spice mix and continue to simmer gently. Season with salt and pepper to taste and cook for a further 10 minutes before serving.

Classic Spaghetti Bolognese

Serves: 4



Allergens: Wheat Gluten

A family from Stroud have shared their delicious homemade Spaghetti Bolognese recipe!

This recipe is designed to be budget friendly, without compromising on taste. This Italian classic is perfect for all the family and can be easily adapted to cater for allergens or dietary requirements.



Preparation time: 10 minutes

Cooking time: 30 minutes.

Ingredient	How much?	In what form?
Beef mince	500g/2 cups	Ground
Onion	1	Diced
Whole garlic cloves	2	Chopped
Whole carrot	1	Grated
Chopped tomatoes	1 tin	Tinned
Mushrooms	Handful	Sliced
Vegetable oil	2 tbsp	
Stock	400ml/2 cups	Made from stock cube, any stock cube is suitable
Spaghetti pasta*	400g or 1/2 cup	Dried

* Indicates ingredient with an allergen.
Spaghetti pasta: wheat; gluten. Always check the label, some pasta contains egg.

Method

1. Heat a large saucepan over a medium heat. Add a tablespoon of oil and once hot add the diced onion, chopped garlic, grated carrot and sliced mushrooms. Cook on a medium-high heat for around 5 minutes. Then add the ground beef mince and continue to stir regularly. Cook the mince until well browned over a medium-high heat.
2. Add the tinned chopped tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer, and then reduce the temperature to simmer gently for 20 minutes. Taste and adjust the season with salt and pepper.
3. Whilst the sauce is simmering, it is time to cook the spaghetti. Heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions (usually boil of 10-12 minutes). Once the spaghetti is cooked through, drain, and add to the pan with the bolognese sauce. Mix well and serve!

Top tips!

- #1 Try swapping half the mince for a plant-based source of protein such as lentils for added fibre.**
- #2 This bolognese sauce can be cooked in advance and frozen. Leave to cool completely then pop in a freezer-proof container, it will keep in the freezer for up to 3 months.**

i Recipe fact:

This recipe is a source of iron. Iron plays an essential role in growth and maintaining a healthy immune system.

Sweet Potato Soup

Serves: 4



Allergens: Gluten

A family from Cheltenham have shared their flavourful recipe for Sweet Potato Soup.

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: 25 minutes.



Ingredients	How much?	In what form?
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Onion	1	Diced
Large carrots	2 whole	Peeled and roughly chopped
Large sweet potatoes	4	Cubed
Vegetable stock*	1.2 litres/ 2 pints	Cooked. Fresh, tinned, or frozen.
Olive oil	1 tbsp	
Salt and pepper	To taste	

*Indicates ingredient with an allergen. Vegetable stock: may contain gluten, please check the label.

Method

1. Heat the oil in a large, lidded saucepan over a medium-high heat. Add the onion and carrots and cook until softened.
2. Stir in the sweet potatoes and stock. Turn up the heat and bring the pan to the boil. Reduce the heat to low and simmer with the lid on for 15 minutes, or until the sweet potato is tender.
3. Remove the pan from the heat and blend the soup, using a stick blender, until smooth. Alternatively, tip it into a food processor and blend. Season to taste and serve.
4. You can season this with chilli flakes if you want to add some spice.

Top tips!

#1 Leave the skin on the sweet potatoes for added fibre. Fibre is essential for our gut health and may reduce our risk of heart disease, type 2 diabetes, and stroke.

#2 The soup can be cooked in advance and frozen. Leave to cool completely then pop in a freezer-proof container, it will keep in the freezer for up to 3 months.

Spinach and Cheese Frittata

Serves: 4



Allergens:

Milk

A family from Gloucester have shared one of their delicious vegetarian staple meals!

This delicious recipe is perfect for lunch or dinner. Serve with salad or vegetables.



Preparation time: 10 minutes

Cooking time: 40 minutes.

Ingredients	How much?	In what form?
Large eggs	8	
Mustard	2 tsp	
Large sweet potatoes	4	Cubed
Oil	2 tbsp	
Onions	2	Chopped
spinach	250g	washed
Cheese* (of your choice)	4 Tbsp	Grated
Salt and pepper to taste		

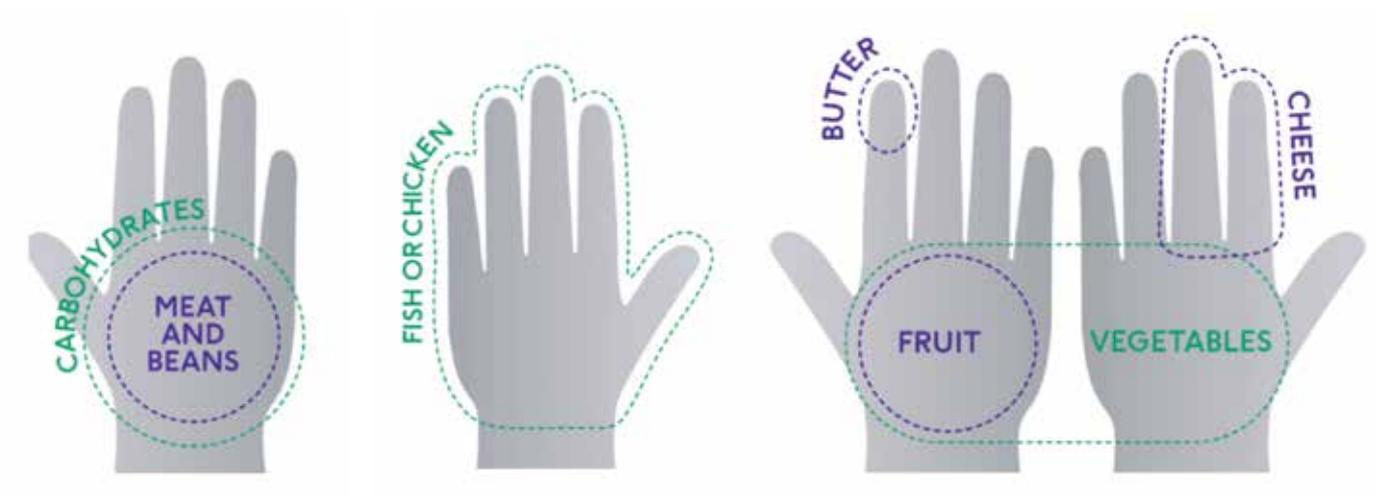
*Indicates ingredient with an allergen. Cheese: milk.

Method

1. Beat the eggs in a large bowl and season with salt, pepper and mustard
2. Heat the oil in a non-stick frying pan. Cook the onion for five minutes.
3. Pour in the egg mixture and add the spinach, sprinkle the cheese on top.
4. Cook over a medium heat for 2 – 5 minutes until the eggs are almost set/cooked.
5. Transfer the frying pan to a hot grill and cook until the top of the frittata is golden. (tip: make sure that the handle is not under the grill, I usually cover it in a double layer of foil)
6. Slide a blunt knife around the edge and slide the frittata on to a large plate and divide by four.

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

Sustainability

What are food miles?

Food miles measure the distance a food has travelled to get to your plate using transport that produces carbon emissions. Some food travels from the farm it is grown on to a shop to be sold. Other foods travel to a factory first and then to a supermarket or shop. Food can be transported in many ways including by lorries, boats, or planes.

Food that is grown and produced locally is a more sustainable option for our environment.

Here are some examples of sustainable foods grown in the UK that have travelled very little food miles to reach our plate:

- Potatoes can be grown and sold at a local farm have travelled very few food miles before they reach our plate.
- However, oranges grown in Spain and then transported to our supermarkets by plane and lorry have travelled a lot further.
- The local strawberries produce a smaller number of food miles than the oranges that travelled from another country.

In the UK, we have access to food products from all over the world.

Examples of foods that are imported:

- On average, oranges travel 3,688 miles and can come from various countries such as Spain, United States and Brazil.
- Banana's average 4,640 food miles! They can come places such as Costa Rica, Ecuador, and Columbia.
- Lemons travel on average 3,342 miles.

Why do we import food from abroad?

- The UK want to access out of season food all year round.
- Some foods cannot be grown in the UK.
- It can sometimes be cheaper.



Activity 1:

Can you draw/name foods that might be grown here in the UK and some that are imported from abroad.

This can include fruits, vegetables, meat, and dairy.



Foods grown in the UK

List below 3 of your favourite fruits and vegetables

- 1.....
- 2.....
- 3.....

Foods imported from abroad

.....

.....

.....

.....

Activity 2:

The 'Eatwell' Crossword

Can you find the words linked to 'The Eatwell Guide'?

L	L	E	W	T	A	E	I	F	Z	S	C	P	M	S
Q	D	X	M	H	U	E	P	I	C	E	T	S	B	T
X	F	Y	L	Z	S	Y	H	B	Y	F	E	A	V	R
L	H	E	G	E	J	N	A	R	M	T	N	I	T	A
V	E	G	E	T	A	B	L	E	A	A	T	O	Q	W
I	I	H	P	N	Q	B	B	R	N	A	L	H	T	B
F	C	L	H	A	N	N	D	A	M	G	Y	S	D	E
K	W	R	O	C	S	Y	I	I	F	S	K	Z	C	R
L	U	A	V	C	H	T	N	E	F	R	Z	J	D	R
I	N	H	F	O	C	S	A	U	T	G	U	J	K	Y
M	N	Y	B	I	O	O	K	Q	E	O	F	I	B	J
T	O	R	R	A	C	M	R	J	X	K	R	O	T	V
H	A	I	B	R	E	A	D	B	I	P	X	P	I	N
C	A	A	S	L	A	R	E	N	I	M	Y	P	V	P
K	B	D	Z	I	S	V	Y	K	J	Y	G	C	Z	Z

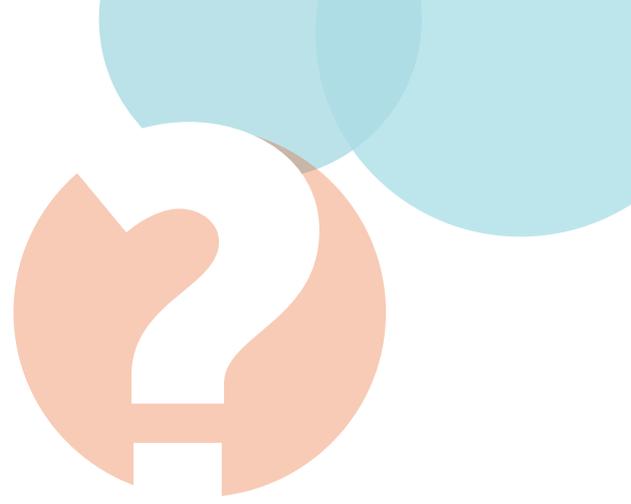
Words to find:

Banana
Carrot
Fibre
Pasta
Vitamins

Bread
Cheese
Fruit
Protein

Broccoli
Dairy
Milk
Strawberry

Carbohydrates
Eatwell
Minerals
Vegetable



Activity 3:

Healthy Eating and Sustainability Quiz

1. What are food miles?

- a. Food miles measure the distance a food has travelled to get to your plate using transport that produces carbon emissions.
- b. Food miles show the nutritional value of food.
- c. Food miles are only for foods that travel from abroad.

2. Which food is the colour blue on The Eatwell Guide?

- a. Dairy and Alternatives.
- b. Starchy Carbohydrates.
- c. Fruit and Vegetables.

3. Which is the more sustainable option?

- a. Food that is grown and produced in America.
- b. Food that is grown and produced in the UK.
- c. Food that is grown and produced in France.

4. A healthy lifestyle is usually described as:

- a. Eating a balanced diet including plenty of fruit and vegetables, exercising daily.
- b. Eating chocolate and crisps daily and exercising once a week.
- c. Eating less than 3 meals a day and not exercising.

5. Which of the following is a plant-based protein?

- a. Baked beans
- b. Chicken
- c. Eggs

6. Which of these is a reason we might import food from abroad?

- a. The UK want access to out of season food all year round.
- b. We can't grow any food in the UK.
- c. We don't import food, it's expensive.

7. What does iron do for our bodies? (Here is a clue, check out our spag bol recipe!)

- a. Iron plays an essential role in growth and maintaining a healthy immune system.
- b. Iron isn't important, and we can get our nutrients from other foods.
- c. Iron doesn't do anything for our bodies, it only helps with cooking.

8. Which of these foods is not on the Eatwell Guide and should be eaten in moderation?

- a. Tomatoes b. Cheese c. Mayonnaise

9. Which is the smallest group on the Eatwell Guide?

- a. Dairy and Alternatives
- b. Oils and Spreads
- c. Protein

10. What food group on the Eatwell Guide do potatoes belong to?

- a. Starchy Carbohydrates
- b. Fruit and Vegetables
- c. Dairy and Alternatives

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

Activity 4:

Meet our Healthy HAF Superhero's!

They need some colour! Can you help them?

Now our Healthy HAF Superheroes have some colour, based on The Eatwell Guide, write, and draw some suggestions for them 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. Collectively, the seven-food bank's footprint covers each region of Gloucestershire; ensuring support is available irrespective of location.

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

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

Do you know someone who may need some short-term financial support to help with the cost of food, energy, water bills and other essential items?

The Department for Work and Pensions has provided councils funding to support those in need with rising energy bills and food.

The primary objective behind this scheme is to support families and individuals with fuel and food costs during the cost-of-living crisis.

Vouchers and financial support from the fund can be used to help with food or energy bills and any of the following:

- ➔ support with gas, electricity, and water bills;
- ➔ vouchers which can be used for food;
- ➔ in some cases, we may be able to support with essential kitchen equipment like cookers or fridges or other necessary essentials such as warm clothing and bedding.

The grant expectation is that it should primarily be used to support households in the most need particularly those including children, pensioners and unpaid carers who would otherwise struggle with energy bills, food, and water bills.

More information and how to apply?

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.

If you know someone who may benefit from some short-term support, please do encourage them to find out further information from our website (below) including eligibility criteria, as well as how they can apply for some support.

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

Please note – applying for support will not necessarily mean support will be provided. Applications are assessed on an individual basis.

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/>

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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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