

GUIDANCE PACK TO HELP IN THE ESTABLISHMENT OF A COMMUNITY LUNCHEON CLUB

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Markham Community House Project

Background

The Markham Community House Project is a project brought about by a request from local residents who wanted to help members of their community to improve their health and well-being.

The Markham Community House Project began in Mountain View housing estate, Markham in a small terraced property.

Due to the success of the project they have had to move base and they are now occupying Markham Community and Leisure Centre.

The project is managed by Caerwyn James, and she is supported by a group of committed and enthusiastic volunteers who live in the Markham Community.

The initial Aims and Objectives of the Project were to.

1. To conduct a survey to assess the needs and wants of the community.
2. To raise the profile of good nutrition and highlight that a varied balanced diet is good for your health
3. To enable the local volunteers to make informed choices about food.
4. To empower the volunteers to set up and manage a luncheon club/community café, providing healthy balanced meals on a daily basis to the people working and living in the Markham Community House area.

Analysis of need.

Needs analysis of the local population identified:

- Poor nutritional intake
- Irregular patterns of eating
- Poor Knowledge of what a healthy diet is

- Limited availability of healthy foods

Outline of Project

In August 2001 Markham Community House Co-ordinator Caerwyn James contacted the Food and Health Adviser/Dietitian, at Caerphilly Health Promotion Department and asked if she would be willing to meet with the local residents. The first three meetings with the residents of Mountain View Housing Estate were very informal. The discussions were mainly about food and diet. The residents then requested some formal education sessions.

Issues covered in the formal education sessions:

- What makes a balanced diet?
- Fats in diet
- Sugar in diet
- Fibre in diet
- Salt in diet
- Fad diets
- Eating out
- Food labeling etc.

A core of nine local residents, who then became volunteers for the project, attended the workshops. Food hygiene training (certified) was offered to the volunteers. All were keen to attend along with other volunteers who wished to participate in the project.

This pack contains much of the information provided by the dietician.

Evaluation/Impact

Impact at the time.

Consumer satisfaction questionnaires were distributed amongst customers

- Uptake of the meals and feedback from the 'customers' has been very positive and encouraging.
- The knowledge of the volunteers on what makes a healthy balanced diet had improved.

Community Development

As a result of the food workshops the local residents felt motivated and empowered to set up a luncheon club for the local community. The exact words said by one of the volunteers, on the day it was decided to set up a luncheon club, were:

“Well it’s all well and good you telling us what to eat we’ve got to get out there and do it! “

Meals prepared by the volunteers are delivered to elderly people, living within the community, as well as providing meals for the Markham Resource Centre for the disabled. The local gravediggers and local construction workers also enjoy the balanced meals prepared by the home.

The project’s Luncheon Club for the over 65’s is held on Mondays .It has proved so popular that another is to be held on Thursdays .

People living in the Markham community visit the Community House to purchase meals for a small charge. Wide selections of vegetables are served on a daily basis. All volunteers involved in food preparation, have successfully completed a Food Hygiene Course. The project has been so successful in its meal provision that it has had to move base to the local community centre, which has an industrial sized kitchen.

The premises are open six days a week and offer a range of courses in addition to healthy balanced meals and snacks e.g. computer skills

Kids cookery club

Fun club

Welsh

Aromatherapy

As the project is now based in the Markham Leisure Centre other activities are offered e.g. indoor football, badminton etc. A measure of the good will and commitment shown amongst the team was the recent delivery of a

wedding breakfast (80 guests) for a local bride and groom.

Future initiatives at the centre include organizing and delivering 'Get Cooking courses' for young people, as well as setting up mother and toddler groups.

The Markham resource centre for the disabled has participated in an allotment scheme, co-ordinate by a local organization called 'Groundwork'. Fresh locally grown vegetables from the allotment are now used by the Markham luncheon club.

The project has been granted charity status.

Summary/Outcome

The project is easily transferable because of its simplicity and flexibility. Following the initial nutrition workshops provided by the food and health adviser, the volunteers have taken ownership of the project.

This project is an excellent example of a community food initiative, developed and delivered by local people for the benefits of their own community. The team of volunteers is hard working and enthusiastic and is keen to assist and support other community houses that are keen to develop similar initiatives.

The logo sums up the spirit of the Markham Project:



Healthy Eating for Later Life



A Practical Guide to Setting up a Luncheon Club in your Community House

This booklet contains practical advice and information on healthy, tasty and inexpensive meals that can be prepared to serve at a luncheon club for the elderly.

The first part of the booklet gives information on what healthy eating is and why it is important. The remaining sections provide advice and information on setting up a luncheon club in your community house; a selection of meal ideas and recipes are provided to get you started.

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- 1 Healthy Eating – A Quick Guide.
 - What is Healthy Eating?
 - Why is Healthy Eating Important?
- 2 Setting up a Luncheon Club – A Quick Guide
 - Why set up a Luncheon Club in your Community House?
 - Luncheon Club Logistics.
 - Luncheon Club Menu Planning.
 - Healthy Eating Cooking Tips.
 - Recipes for Healthy Eating.

What is Healthy Eating?

Healthy eating means:

- Enjoying your food
- Eating a wide variety of foods.
- Eating the right amount to be a healthy weight.
- Eating regular meals.
- Eating plenty of fruit and vegetables.
- Eating plenty of potatoes, bread, rice, pasta and breakfast cereals.
- Eating fewer foods high in fat, sugar and salt.
- Drinking plenty of fluids (not including alcohol).



The easiest way to ensure a healthy, balanced diet is to use the five basic food groups:

- 1) Bread, other cereals and potatoes.
- 2) Fruit and vegetables.
- 3) Milk and dairy foods.
- 4) Meat, fish and alternatives.
- 5) Foods containing fat, foods containing sugar.

The picture below shows the different proportions of the five food groups that everyone should aim for in their daily diet.



The foods included in each of the five food groups, the number of recommended servings per day, the main nutrients they contain and some winter store cupboard ideas are summarised in a table on the next page.

A Balanced Daily Diet for the Elderly with Store Cupboard Ideas

Food group	Foods included in the group	Number of servings per day
Bread, other cereals and potatoes	1 slice of bread or toast. ½ bowl (1oz/30g) breakfast cereal. 2 egg-sized potatoes (4oz/100g). 2/3 mug cooked pasta (2-3oz/50-75g). 1/3 mug cooked rice (2-3oz/50-75g). 2 crackers or crispbreads.	Choose 4-6 servings from the list each day.
Fruit and vegetables.	1 apple, banana, pear or orange. 2 plums, apricots, kiwis or satsumas. 1 handful of grapes, cherries or berries. Small bowl of tinned or stewed fruit. 1 slice of melon or pineapple. ½ -1 tbsp of dried fruit. 1 small glass of pure fruit juice. 1 bowl of salad. 2 tbsp raw or cooked vegetables.	Ensure at least 5 servings from the list each day.
Milk and dairy foods.	1/3 pint milk. 2 oz (40g) cheese. Small carton of yoghurt (125g). Small carton of fromage frais (125g).	Ensure any 2-3 servings from the list each day.
Meat, fish and alternatives.	2-3 oz (50-75g) meat or chicken. 4-6 oz (100-150g) fish. 4-6 oz (100-150g) uncooked quorn. 6 oz (150g) beans or pulses. 1-2 eggs.	Ensure any 2 servings from the list each day.
Foods containing fat, foods containing sugar.	Margarine, butter, other spreads, cooking oils, salad dressings, fatty gravies, mayonnaise, cream, pastries, crisps, biscuits, puddings, ice-cream, chocolate, cakes, soft drinks, sweets, jam and sugar.	Eat fatty and sugary foods infrequently or in small amounts.

Food group	Main nutrients	Store cupboard items
Bread, other cereals and potatoes.	Carbohydrate (starch). Fibre. B vitamins. Some calcium and iron.	Breakfast cereals and porridge. Pasta, macaroni, spaghetti etc. Rice. Instant mashed potato. Crackers and crispbreads.
Fruit and vegetables.	Vitamin C. Carotenes. Folates. Fibre. Some carbohydrate.	Tinned fruit. Tinned vegetables. Tinned tomato/vegetable soup. Dried fruits. Long life pure fruit juice.
Milk and dairy foods.	Calcium. Protein. Vitamin B12 and B2. Vitamins A and D.	UHT, dried or evaporated milk. Long life yoghurts. Tinned custard. Tinned milk puddings.
Meat, fish and alternatives.	Iron. Protein. B vitamins. Zinc. Magnesium.	Tinned meat e.g. corned beef, ham. Tinned fish e.g. sardines, pilchards, salmon, mackerel, tuna. Tinned beans e.g. baked beans or kidney beans. Lentils & other dried beans and peas.
Foods containing fat, foods containing sugar.	Some vitamins and essential fatty acids but also a lot of fat, sugar and salt.	Plain biscuits.

What about drinks?

Everyone needs to drink 6-8 cups, mugs or glasses of non-alcoholic fluids per day in order to prevent dehydration and help prevent constipation. Choose from tea, coffee, soup, fruit juice, squash, pop, water, milk or milky drinks.

In the elderly, encouraging fluid intake is essential as elderly people often have a decreased ability to detect thirst.



Hot drinks are comforting and can help keep you warm in the winter.

Why is healthy eating important?

Eating a varied and balanced diet is important for everyone. It is the food we eat that gives us the energy and nourishment to live life to the full and keep us in good health.

For the over 65s, eating well can greatly enhance quality of life. It can help people stay active for longer, maintain independence, and make people feel healthier.

Healthy eating can reduce the risk of coronary heart disease, obesity, certain cancers, and nutritional deficiencies, and can aid recovery when people become ill.

Why set up a Luncheon Club in your Community House?

A luncheon club offers both entertainment and nourishment; a place where people can enjoy food in the company of others.

What the elderly like about the luncheon club in Markham Community House.

It's great value for money – only £2.00 and that includes a pudding!

I still get a nice cooked meal even though I don't like cooking.

I get to catch up on all the news.

I've never had a bad meal.

Cooking a roast meal is a lot of effort for one.

I'm a fussy eater and I enjoy all of the food.

We get to play bingo afterwards.

Luncheon Club Logistics

- Consider how many people you can cater for and where they can sit to eat.
- Ask for local volunteers to help with cooking and serving food.
- Try to get an idea of the number of people likely to attend the luncheon club
- Plan your menu in advance:
 - Choose suitable options for bulk cooking with the cooking utensils and equipment available.
 - Ensure the menu is in keeping with the capabilities of the staff available to cook and serve the food.
 - Consider preparation and cooking times.
 - Consider that elderly people may have poor dentition, small appetites and conservative tastes.
- Shop around for a supplier that provides good value for money.
- Buy fruits and vegetables that are in season.
- Get in partnership with local schools etc who can grow vegetables for you for free.
- Use local resources e.g. pick blackberries and win berries to freeze for future use in recipes.
- Think about how much to charge. As a guide, Markham Community House charge £2.00 per head for a main meal and pudding, £0.35 for a cup of tea, and £0.55 for a cup of coffee.
- Ask for feedback on the meals provided to determine any favourites.

Luncheon Club Menu Planning

Main Meals

Make the largest part of your meal bread, cereal (pasta, rice or other grains) or potatoes. Add plenty of vegetables, fresh frozen or tinned; try to include 2 different types of vegetables with each meal. Then add a little protein from foods such as meat, chicken, fish, eggs, milk, yoghurt, cheese, nuts, beans, or lentils.

Healthy luncheon club main meals tried and tested at Markham Community House

- Roast pork and applesauce served with boiled potato, carrots, broccoli and gravy.
- Roast beef served with mashed potato, parsnip, green beans and gravy.
- Roast lamb served with minted new potatoes, peas, cauliflower and gravy.
- Roast chicken and seasoning served with mashed potato, brussel sprouts, leeks and gravy.
- Steak and onion pie served with sweetcorn, peas and gravy.
- Cheese and potato pie served with green beans and carrots.
- Grilled gammon steak and pineapple ring served with mashed potatoes and peas.
- Boiled ham and potatoes served with tomato, cucumber and lettuce salad.
- Corned beef hash served with green beans and carrots.

- Grilled lean back bacon or poached eggs, served with toast or mashed potato, grilled mushrooms, baked beans and tomatoes.
- Shepherds pie, fish pie, or cottage pie served with broccoli and sweetcorn.
- Grilled sausage, mash and onion gravy served with peas and carrots.
- Faggots in gravy served with mashed potato, peas, and Sweetcorn.

Additional main meal suggestions to try

- Meat (Beef, pork, lamb or chicken) and vegetable casserole served with mashed or boiled potatoes.
- Cheese, leek and potato hot pot.
- Omelette (well cooked) served with potato and vegetables.
- Braised liver and onions served with mashed potato, carrots and broccoli.
- Poached or grilled fish served with jacket potato and mixed vegetables.
- Cheese bubble and squeak.



Puddings or Desserts

Round off meals with fruit or a pudding combining fruit, cereal, milk and yoghurt.

Healthy luncheon club puddings or desserts tried and tested at Markham Community House

- Home made rhubarb or apple and blackberry crumble served with custard.
- Home made sherry trifle.
- Homemade apple tart served with custard.

Additional pudding or dessert suggestions to try

- Fresh or stewed fruit served with low fat custard, yoghurt, or fromage frais.
- Baked apple served with low fat custard, yoghurt or fromage frais.
- Eve's pudding served with low fat custard.
- Fruit salad served with low fat yoghurt or fromage frais.
- Rice pudding served with chopped banana and sultanas.
- Fruit pancakes e.g. sultana, apple and banana.

Beverages

Serve hot drinks such as tea or coffee after the meal; hot drinks are comforting and can help keep you warm in the winter.

Healthy Eating Cooking Tips

I know that fat should be eaten infrequently or in small amounts – how can the fat content of meals be reduced?

- Grill, poach, oven bake, boil, casserole, steam, microwave or stir-fry food instead of frying.
- If frying food use rapeseed oil, olive oil or sunflower oil in small quantities.
- Use a reduced fat or low fat spread.
- Use skimmed or semi-skimmed milk in place of ordinary milk in recipes.
- Try using low fat or diet yoghurt or fromage frais instead of cream in recipes.
- Try using low fat cheeses e.g. reduced fat cheddar, cottage cheese, Edam or low fat cheese spreads in place of cheddar or Stilton.
- Make low fat gravy by cooling the meat juices and skimming off the congealed fat or use granulated gravy made up with water.
- Buy lean cuts of meat and poultry in preference to meat products (e.g. sausages, beefburgers, corned beef, pies and pasties) and remove all visible fat and skin.
- Drain or skim the fat from mince and casseroles.
- If making tarts or pies use just one layer of pastry (either base or topping). Alternatively, for savoury dishes, use mashed potato as a topping.

I know that most people eat more salt than they need – how can salt be reduced in the diet?

- Avoid adding salt directly to food.
- Use minimum amounts of salt in cooking; flavour food with herbs, spices, pepper, vinegar, mustard, lemon juice etc instead.
- Use fewer processed convenience foods from cans, jars, packets or cartons.



I know that sugar is full of “empty” calories – are there any ways that the sugar content of meals/recipes can be reduced?

- When buying tinned fruit, choose fruit in unsweetened juice rather than syrup.
- Use an artificial sweetener in place of sugar.
- Opt for diet, sugar free or reduced sugar versions of foods e.g. jelly, milk puddings, yoghurts.

I know that fibre helps keep your bowels regular and can help fill you up – can you suggest any ways of increasing someone's fibre intake?

- Choose wholegrain, wholemeal, brown or high fibre varieties of starchy foods e.g. wholemeal bread, baked potatoes, brown rice or whole wheat pasta.
- Bulk up stews, casseroles and other dishes with plenty of vegetables, beans or lentils.
- Try to include fresh or stewed fruit in every dessert.
- Use some wholemeal flour in baking, e.g. a 50:50 mixture of wholemeal and white flour.



Recipes for Healthy Eating

The following section contains a selection of recipes to encourage healthy eating in your community house.

Imperial measures are used in the recipes. If you wish to use metric measures, we have provided several comparisons below.

Weights/solids

25g 1oz
56g 2oz
110g 4oz
225g 8oz
280g 10oz
340g 12oz
450g 1lb

Volume/Liquids

300ml ½ pint
600ml 1 pint



MAIN MEALS

Cheese Bubble and Squeak (serves 8)

Preparation time: 25 minutes.

Cooking time: 30-40 minutes.

Utensils: 2 saucepans, chopping board, sharp knife, and baking dish.

Ingredients

1350g (3lbs) Old potatoes, peeled and chopped

125ml (4 fl oz) Semi-skimmed milk

900g (2lbs) Green cabbage

2 Small onions, finely chopped

Black pepper to taste

180g (6oz) Mature cheddar cheese, grated



Method

- 1) Pre-heat the oven to Gas Mark 6 (200°C, 400°F).
- 2) Boil the potatoes in water for approximately 20 minutes or until tender.
- 3) Drain the potatoes and cream with the milk.
- 4) Cook the cabbage for 5 minutes in water.
- 5) Chop the cabbage and add to the potato with the onion.
- 6) Season to taste.
- 7) Spoon into a baking dish and top with the grated cheese.
- 8) Cook for 30-40 minutes at Gas Mark 6 (200°C, 400°F) and serve.

Tasty Corned Beef Hash (Serves 8)

Preparation time: 30 minutes.

Cooking time: 10 minutes.

Utensils: Saucepan, frying pan, chopping board, sharp knife.

Ingredients

900g (2lbs) Old potatoes, peeled
1 Onion, peeled and chopped
1 Green pepper, de-seeded and chopped
2 tbsp Sunflower or rapeseed oil
1 tsp Worcestershire sauce
680g (1½lb) Tinned corned beef, roughly chopped
Black pepper to taste



Method

- 1) Boil the potatoes in water for approximately 20 minutes or until tender.
- 2) Drain and roughly chop the potatoes.
- 3) Heat the oil in a large frying pan or wok.
- 4) Add the onion and pepper and fry gently for about 5 minutes or until softened.
- 5) Increase the heat slightly and add the potatoes, stirring occasionally until starting to brown.
- 6) Add the Worcestershire sauce and corned beef to the potatoes.
- 7) Cook gently over a low heat for 5 minutes, stirring occasionally, until heated through.
- 8) Season and serve.

Cottage Pie (Serves 12)

Preparation time: 20 minutes.

Cooking time: 45 minutes.

Utensils: 1 large heavy saucepan, ovenproof dish, frying pan, chopping board, sharp knife.

Ingredients

4 tbsp Sunflower or olive oil
3 Onions, chopped
1350g (3 lb) Minced beef
6 tbsp Tomato puree
1 tbsp Worcestershire sauce
900ml (1½ pint) Beef stock
2 kg (4½ lb) Potatoes
125 ml (4 fl oz) Semi-skimmed milk



Method

- 1) Heat the oil in a pan and cook the onion and minced beef until evenly browned.
- 2) Mix in the tomato puree, Worcestershire sauce, beef stock and seasoning and bring to the boil.
- 3) Simmer gently for 20 minutes.
- 4) Boil the potatoes in water for approximately 20 minutes or until tender.
- 5) Drain the potatoes and cream with the milk.
- 6) Place the meat mixture in an ovenproof dish and cover with the mashed potato.
- 7) Bake at Gas Mark 4 (180°C, 350°F) for 20 minutes or until the top is golden. Serve immediately.

Meat and Vegetable Stew (serves 12)

Preparation time: 20 minutes.

Cooking time: 2 hours 15 minutes.

Utensils: 1 large heavy saucepan, chopping board, sharp knife, and kettle.

Ingredients

575 g (1.25lb) Stewing Beef

30 g (2 tbsp) Plain flour

15ml (1 tbsp) Vegetable oil

500ml (16 fl oz) Water

5 Onions, quartered

450 g (1lb) Swede

225 g (8oz) Parsnip

5 Carrots

175 g (6oz) Frozen peas

4 tbsp Dried herbs

1 g (0.25 tsp) Freshly ground pepper



Method

- 1) Cut all of the visible fat from the beef and discard.
- 2) Cut the beef into about 2.5cm (1 inch) cubes before coating the it in flour until it is all used.
- 3) In a heavy pan, heat the oil over a medium-high heat. Add the beef and cook, stirring until brown on all sides.
- 4) Pour in the water and bring to the boil.
- 5) Add the onions, dried herbs and pepper before simmering for 1½ hours.

- 6) Peel the swede, parsnips and carrots and cut into 2cm (0.75 inch) pieces.
- 7) Add the swede, parsnips and carrots to the pan and simmer covered for 40 minutes or until the vegetables are tender.
- 8) Add the peas
- 9) Add extra pepper to taste.
- 10) Simmer until the peas are hot.

Tips

Use leaner cuts of meat such as flank and sirloin, if available.

Cook meat without adding extra fat e.g. grill, roast or microwave or pour off the excess fat before adding the other ingredients. Alternatively, if you cook the stew a day in advance and refrigerate overnight the hardened fat from the surface could be removed before re-heating.

Additional vegetables could be added to increase the bulk.

PUDDINGS or DESSERTS

Pear Crumble (Serves 10)

Preparation time: 10 minutes.

Cooking time: 40-45 minutes.

Utensils: Ovenproof dish and mixing bowl.

Ingredients

100g (3½ oz) Sunflower margarine

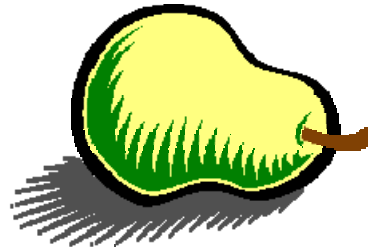
125g (5 oz) Wholemeal flour

125g (5 oz) Porridge oats

75g (3 oz) Sugar

5 tsp Olive oil

1.5 kg (3lb 4oz) Tinned pears in natural juice



Method

- 1) Pre-heat the oven to gas mark 4 (180°C, 350°F).
- 2) Make the crumble by rubbing the margarine into the flour and oats.
- 3) Stir in the sugar and oil.
- 4) Drain the pears.
- 5) Arrange half the pears in a baking dish.
- 6) Cover with half the crumble mixture.
- 7) Repeat steps 5 and 6 with the remaining pears and crumble mixture.
- 8) Bake in the oven at gas mark 4 (180°C, 350°F) for 40-45 minutes or until the top is golden brown.
- 9) Serve with either chocolate or custard sauce.

Eve's Pudding (Serves 10)

Preparation time: 20 minutes.

Cooking time: 25-30 minutes.

Utensils: Ovenproof dish, bowl, chopping board, vegetable peeler or knife.

Ingredients

900g (2 lb) Cooking apples

120g (4 oz) Demerara sugar

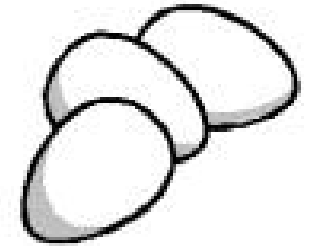
Finely grated rind of 2 lemons

240g (4 oz) Self-raising flour

180g (6 oz) Caster sugar

180g (6 oz) Sunflower margarine

4 Eggs, beaten



Method

- 1) Pre-heat the oven to Gas Mark 5 (190°C, 375°F).
- 2) Peel, core and slice the apples and place in an ovenproof dish in layers, sprinkling each with Demerara sugar and lemon rind.
- 3) Cream margarine and caster sugar together until light and fluffy.
- 4) Beat the eggs into the creamed mixture a little at a time, adding a little flour to prevent curdling.
- 5) Fold in the rest of the flour.
- 6) Spread the mixture over the fruit and bake for 25-30 minutes at Gas Mark 5 (190°C, 375°F).
- 7) Serve with custard, yoghurt or fromage frais.

Rice Pudding (serves 8)

Preparation time: 5 minutes.

Cooking time: 1- 1.5 hours in a conventional oven.

Utensils: Ovenproof dish, colander.

Ingredients

100g (4oz) Short grain rice

1200ml (2 pints) Semi-skimmed milk

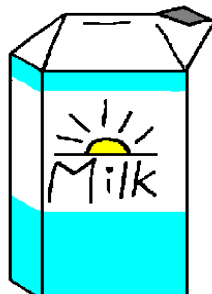
25g (1oz) Caster sugar

50g (2oz) Dried fruit, like sultanas or raisins

Few drops of vanilla essence or sprinkle of ground nutmeg or cinnamon

Method

- 1) Pre-heat the oven to gas mark 4 (180°C, 350°F).
- 2) Wash and drain the rice then place in a greased ovenproof dish.
- 3) Add the sugar, dried fruit and vanilla essence.
- 4) Pour in the milk and sprinkle with ground nutmeg or cinnamon, if desired.
- 5) Mix together and bake in the oven at gas mark 4 (180°C, 350°F) for 1-1.5 hours.
- 6) Serve hot or cold.



Tips

Try using an artificial sweetener in place of the castor sugar. This does not affect the dishes texture, appearance or taste as long as the sweetener is added after cooking.

For a change, try tapioca, sago, barley, semolina or macaroni instead of rice.

Try serving the rice pudding topped with different fruits e.g., orange segments, banana slices, or tinned peach or pear slices (drained of juice).

Stewed Fruit and Custard (serves 8)

Preparation time: 10 minutes.

Cooking time: 20 minutes.

Utensils: medium saucepan, vegetable peeler or knife, individual serving tins.

Ingredients

For the stewed fruit:

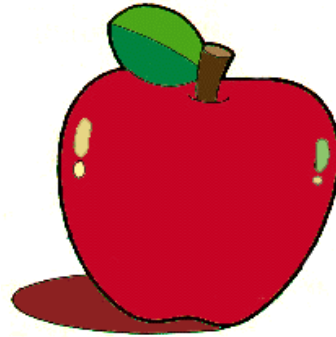
8 Cooking apples/pears

200g (8 oz) Raisins or currants

1 tbs Water

50g (2oz) Caster sugar

Pinch of cinnamon



For the Custard:

1200ml (2 pints) Semi-skimmed milk

100g (4oz) Caster sugar

50g (2oz) Custard powder

Few drops of vanilla essence

Method

- 1) Peel, core and slice the apples or pears.
- 2) Put into the medium saucepan with the water, sugar, cinnamon, raisins or currants and cook on a low heat until the fruit becomes soft.
- 3) Place into 8 tins.
- 4) Mix the custard powder with a little milk.
- 5) Heat the remaining milk and before it reaches boiling point, stir in the custard paste.

- 6) Simmer until the custard thickens, stirring all the time.
- 7) Cook for a further 3 minutes, remove from the heat and stir in the sugar and vanilla essence before pouring over the fruit.
- 8) Serve hot.

Tips

Save time and money by using tinned fruit in natural juices in place of the fresh fruit.

Try using an artificial sweetener in place of the castor sugar to reduce the sugar content of the dish. This would not affect the dishes texture, appearance or taste as long as the sweetener was added after cooking.

Baked Apples (Serves 10)

Preparation time: 5 minutes.

Cooking time: 20-30 minutes.

Utensils: Ovenproof dish, apple corer, sharp knife.

Ingredients

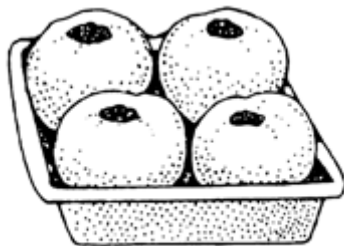
10 Cooking apples

250g (10 oz) raisins

10 dessertspoons of Clear honey

Method

- 1) Pre-heat the oven to Gas Mark 6 (200°C, 400°F).
- 2) Wash and core the apples.
- 3) Score a line round each apple, about a third of the way down from the top.
- 4) Place the apples in an ovenproof dish with 10 tablespoons of water.
- 5) Fill the empty core of each apple with raisins and top off with honey.
- 6) Bake in the oven for 20-30 minutes or until the apples are soft.
- 7) Serve with custard, yoghurt, or fromage frais.



Markham Community House Luncheon Club User Survey

To identify the benefits of the Markham Luncheon club to its users a visit was made on the 27th October 2003. The questions fell into three main categories, the benefits gained from using the centre, the most enjoyable meals and any improvements, which could be made.

The answers were as follows:

Benefits

- No need to cook
- It's very sociable as you get to mix with other people, hear the gossip and have a laugh.
- The location is convenient as it is only a short walk from home.
- You get a nice roast dinner, which you wouldn't cook for one.

Leaflet produced by Elizabeth Johnston,
Student Dietitian.

Favourite Meals

- Cooked dinner with Pork or Beef
- Steak Pie
- Faggots and Peas
- Rhubarb Crumble
- Apple Tart
- Trifles
- Blackberry Tart
- Gateaux

What Could be improved ?

- Nothing
- Everything is clean and lovely
- The staff are friendly and helpful

Some quotes of encouragement:

"We enjoy all the meals and have never had a bad one" Mrs. Jones said "The prices are very reasonable at £2 for a meal and dessert and 35p for a cup of tea"

"Everything at the moment is perfect" Mrs. Davies said "They are good cooks and very sociable"

"It is so nice not to have to eat alone"

Keep Well This Winter

This pack has been financed by money from the Food Standards Agency, which was obtained to promote the establishment of Luncheon Clubs across Caerphilly County Borough. This pack is based on the successful example of Markham Community House. Along with the Luncheon Club the Community House also promote the other parts of the Keep Well This Winter Campaign which we would encourage anyone else setting up a luncheon club to consider. The main themes are:

Keep Well

Flu Jabs

For people of 65 and over influenza can lead to severe or complicated illness or even death. The flu jab can reduce the risk of pneumonia by 60%, hospitalisation by 55% and death by 40%. The Welsh Assembly Government has produced a pack *All you need to know about flu* which provides advice and encouragement for people to visit their GP and receive their free Flu Jab. You could consider a display at your

luncheon club to promote this amongst the members.

Healthy Eating

For the over 65's this can greatly affect quality of life and protect against illness and disease. This aim is being strongly supported by the establishment of your luncheon club.

Exercise

This can improve strength, suppleness, stamina and memory, as well as helping to protect against heart disease and osteoporosis. Local exercise programs for older people could be promoted via displays/posters at your luncheon club.

Keep Warm

Home Energy Efficiency Scheme and Energy advice

This information can be provided through posters at your luncheon club and can be obtained from the Welsh Assembly Government or their managers of the scheme

Eaga Partnership which produces information leaflets.

Keep Safe

Safety at Home(including slips and trips)

Information on *Top tips for a safe home*, booklet and bookmarks are available from Care and Repair Cymru and can again be distributed at your luncheon club.

Electric Blanket Testing

Caerphilly County Borough Council Trading Standards department have run events in the past where they have tested electric blankets for electrical safety. You may wish to contact them to advise if and when another event is to take place.

Befriending Schemes

The main benefit reported by the users of Markham Community House was the social aspects of the luncheon club. It is very important to make the luncheon club more than

just a meal. In Markham they play a game of bingo after the meal, which they tell me is almost the best part of the day.

I hope these suggestions have given you some further food for thought and that you are able to incorporate as many of them as possible into your luncheon club.

Starting up a luncheon club

Registering a food premises

Food premises must be registered with the environmental health service at your local authority at least 28 days before opening.

If food premises are used by several catering businesses (e.g. a village hall), the person who allows the premises to be used for this purpose is responsible for registering them.

Rules about premises

Food preparation areas

The layout and design of the premises should allow for effective cleaning.

The amount and type of cleaning needed will be different for each area of the premises and the uses to which the areas are put. They must also be designed to keep out pests, such as flies and rats.

The layout, design, construction and size of the premises must avoid the accumulation of

dirt in places inaccessible to cleaning. High-level surfaces should avoid finishes that may lead to the shedding of particles such as flaking paintwork, plaster or fibres. Similarly, any growth of mould within the fabric of a building is undesirable, as is the presence of condensation.

Adequate space must be provided to allow high-risk foods to be stored, handled and prepared at the same time and/ or in the same area.

Equipment

Adequate facilities must be provided for the cleaning and disinfection of equipment and work tools.

These facilities must be constructed of materials resistant to corrosion and must be easy to clean and have adequate supply of hot and cold water.

Facilities for washing food

You must have a separate sink for washing food (not the same one used for equipment

and utensils) if unwrapped food is handled. There must be an adequate supply of hot and/or cold water of drinking quality.

Hand washing facilities and toilets

Your premises must have separate washbasins for volunteers to wash their hands and another for washing food and cleaning equipment. Basins for washing hands must have hot and cold running water. Soap and materials for drying hands hygienically, such as disposable towels must be provided.

The toilets must not lead directly into food areas.

Other requirements

Your premises must also have adequate ventilation, lighting, drainage and suitable arrangements for waste disposal.

For details of where to find this information, see the list at the back of this leaflet.

Food hygiene

Good food hygiene is essential to make sure that the food you serve is safe to eat.

The premises and all equipment and surfaces that come into contact with food must be kept clean and, where necessary, disinfected. Using a cleaning schedule is a good way to ensure appropriate cleaning.

Thorough cooking kills harmful bacteria in food. So it is extremely important to make sure that food is cooked properly. Undercooked food could cause food poisoning.

Chilling food properly stops bacteria from growing and multiplying. Some foods need to be kept chilled to keep them safe, for example food with a 'use by' date, food that you have cooked and will not serve immediately, or other ready-to-eat food such as prepared salads. It is very important not to leave these types of food standing around at room temperature. Cold food must be kept

at 8°C or below, under the Food Safety (temperature controls) Regulations 1995.

Cross-contamination is one of the major causes of food poisoning. Cross-contamination is when bacteria spread between food, surfaces or equipment. It is most likely to happen when raw food touches (or dips onto) ready-to-eat food, equipment or surfaces.

It is very easy for cross-contamination to happen. These are some of the most common causes:

- ✚ Storing raw and ready to eat food together
- ✚ Not washing hands after touching raw food
- ✚ Using the same chopping board or knife for raw and ready-to-eat food.

Food safety management

Everyone who runs a food business needs to manage food safety properly, to make sure that the food they serve or sell is safe to eat. Effective food safety management involves:

- ✚ Thinking about your food preparation arrangements
- ✚ Working out what could go wrong
- ✚ Putting procedures in place to stop things going wrong
- ✚ Making regular checks to make sure the procedures are working and are being followed

It is a good idea to keep records of the main safety checks. For example you could make a note when you check the following:

- ✚ Cooking times and temperatures
- ✚ Dates on food
- ✚ Cleaning schedules
- ✚ Fridge temperatures
- ✚ Pest controls

Personal hygiene and illness

To keep food safe, it is essential to have high standards of personal hygiene. It is particularly important to wash and dry hands regularly.

If anybody involved in preparing food has symptoms of food poisoning, such as diarrhoea, vomiting or stomach pains, they must not handle food and must leave food preparation areas straight away. In addition a food handler must be symptom free for 48 hours before resuming food handling duties.

Health and safety

You must work in a way that protects the health and safety of your employees and your service users. If you have five or more volunteers, you must have a written health and safety policy, which describes your health and safety arrangements.

For more information see the Small Business Service publication, "Small firms: Health and Safety, to order, email publications@dti.gov.uk, visit www.dti.gov.uk/publications, or call 0870 150 2500. Information regarding Health and Safety could also be provided by your local

council, call 01495 235061 or visit www.Caerhilly.gov.uk for more information.

Fire safety

You must carry out a fire risk assessment at your premises and take fire safety precautions to help protect you, your volunteers and service users. The type of precautions you must have will depend on a number of things, such as the size of your premises. For advice, contact your local fire authority.

For more information, see Fire Safety: An employer's guide. You can view this publication online at www.odpm.gov.uk or order it from HSE books at www.hsebooks.co.uk or on 01787 881165.

Or contact your local headquarters on 01443 232000

Volunteers

You must make sure that any volunteers who handles food has adequate supervision,

instruction and/or training in food hygiene for the work they do.

Food hygiene courses are available at:

Newbridge college

Tell: 01495 248100

Blackwood college

Tell: 01495 227113

For information about training, visit the Food Standards Agency's "Safer food, better business" website www.food.gov.uk/cleanupi

Further information

Managers can obtain police checks on prospective membership of **BAND** (Bristol Association of Neighbourhood Daycare)

81 St Nichole Road

St Paul's

Bristol

BS2 9JJ

Tell: (0117) 954 2128

For information on first aid courses contact your local St John Ambulance or your local community leisure centre.

Checklist

HAVE YOU REGISTERED YOUR PREMISES?

Does the layout and design of the premises allow for effective cleaning?

Are there adequate facilities for the cleaning and disinfection of equipment?

Are there adequate facilities for personal hygiene?

Does the premises have adequate Ventilation?

Lighting?

Drainage?

Suitable arrangements for waste disposal?

Do you and your volunteers understand the principles of good food hygiene?
Have you and your volunteers had Food Hygiene Training?

Have you considered what food safety problems there could be at each stage of your business?







Have you put the necessary food safety procedures in place and are you making regular checks to make sure they are working?

Have you considered health and safety and fire safety arrangements?

List of available information

For advice on food safety legislation and how it applies to your service, contact your local Environmental Health Officers
Tel: [01495 235061](tel:01495235061)

The Food Standards Agency publish a number of guides for use in the food industry, these include:

-  Guide to food hygiene
-  Food handlers: fitness to work
-  Food law inspections and your business
-  Food safety regulations
-  Eggs: what caterers need to know
-  Dine out, eat well






To order any of these publications contact Food Standards Agency Publications
Tel: [0845 606 0667](tel:08456060667)
e-mail: foodstandards@eclogistics.co.uk

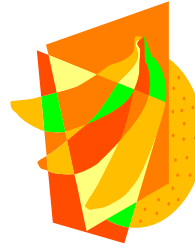
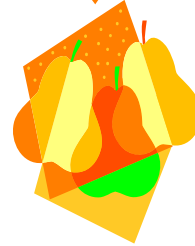
For further information about food hygiene and other food-related issues visits the Food Standards Website: www.food.gov.uk

The Department of Health also produces a leaflet – Assured safe catering, a

management system for Hazard Analysis.
For a copy please contact your local
Environmental health office on [01495
235061](tel:01495235061)

Information on Health and Safety can be
ordered from www.hsebooks.co.uk
Tel: [01787 881165](tel:01787881165)
Or access publications online at
www.hse.gov.uk
Publications include

-  Health and safety executive: working
with employers
-  Fire safety: an employer's guide
-  Managing health and safety pays in the
catering industry
-  Planning for health and safety when
selecting and using catering equipment and
workplaces
-  The main health and safety law applicable
to catering



EVALUATION SHEET FOR USERS OF THE PACK (HOMECARE ASSISTANTS)

Please spend a few minutes
completing this evaluation sheets.
This will help us find out what your
views are about the contents of
the pack and whether it needs to
be modified

Please rate the following

- 1) How relevant is the information
in the pack to your work?

Not relevant 1 2 3 4 5 very
relevant

2) How useful did you find the information in the pack?

Not useful 1 2 3 4 5 very useful

3) How informative is the pack?

Not informative 1 2 3 4 5 not informative

4) Have you learnt something new from the pack?

Please circle Yes No

If so, what have you learnt.....

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5) What other information would you like to be included in the pack?

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Any other comments?

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.....
.....
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Thank you for completing this sheet.

Please return in the stamp addressed envelope to:

Nia Rees Williams
Food and Health Adviser
Caerphilly Health Promotion
Department
Ystrad Mynach Hospital
Caerphilly Road
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