

Food Parcel Dietary Advice & Recipes



About this Guide

This guide is for people in Torbay. It is written to help you to stay well during the coronavirus situation and to make use of the food parcels. We hope that you find it useful. Inside, you will find information and recipes based on the contents of the food parcels.

The information below is general advice, if you have been advised to eat differently by a medical professional then please continue with what you have been advised.

If you have recently lost weight without meaning to or have nutritional concerns, please talk to your GP or health care professional who might refer you to a dietitian for more personalised advice.

It is important that, despite the current situation with COVID 19, you keep yourself as healthy as possible with the food and resources you have. Try to achieve a healthy balanced diet as much as possible with the current ingredients and foods available to you.

Keep hydrated and ensure you have 6- 8 glasses of fluid a day (1.5-2 litres). This may be more if it is a warm day or if you have increased your activity levels.

A regular meal pattern will help with a daily routine but also help you achieve all your daily nutrients. We encourage you to include foods from the main food groups as shown in the Eat Well Guide (see last page). This may mean changing to foods that are easily stored such as tinned, jarred and frozen foods.

Potatoes, bread, rice, pasta and other starchy carbohydrates

This includes breakfast cereals, noodles and oats as part of meals and snacks. We encourage you to have one food from this group at every meal and go for wholegrain versions if available. This food group is a good source of energy (fuel in your petrol tank).

How can I do this with my food parcel?

Tinned potatoes or packet mashed potato, pasta or rice either pre-packed or cooked from dried are all carbohydrates. Bread is very versatile and can be used for breakfast and other meals.



Five portions of fruit and vegetables

Fresh, frozen, tinned all count towards your five-a-day and can be added to any sauces that you are using. This food group provides fibre, vitamins, minerals and antioxidants. It is important to get a variety of fruit and vegetables to provide all the different nutrients you need. The term a "rainbow of different colours" refers to the different colours and flavours in plants adding powerful antioxidants to your diet.

How can I do this with my food parcel?

You should have received fresh or tinned fruit and vegetables in your parcel. Soup that comes in your parcel can be an excellent way to obtain extra vegetables in a meal. Baked beans can be a good source of protein and also contribute to your 5-a-day.



Beans, pulses, fish, eggs, meat, and meat alternatives such as Quorn or soya mince

This food group are proteins which are important for growth and repair of your body's cells and tissues. They provide the body with nutrients to keep you healthy. We encourage you to have 2-3 portions a day of protein foods including lean meat or chicken. Fish is a good form of protein and omega 3 and can be tinned or fresh fish. If possible eat 2 portions of fish per week, one being oily e.g. sardines, mackerel, kippers. You can include vegetarian versions of protein such as nuts, beans and cheese.

A good way to measure a portion of these foods is to use the palm of your hand. A portion of meat is the size of the inner palm of a medium sized hand and a portion of fish is the size of a whole palm of a medium sized hand (or a medium sized fillet of fish).

Other foods come ready portioned, e.g. three fish fingers, a small tin of baked beans, five tablespoons of beans and pulses such as kidney beans/lentils, a small handful of unsalted nuts, two eggs or 2 meat-free sausages.

How can I do this with my food parcel?

Tinned meat or fish count, as do meat alternatives such as baked beans, kidney beans or chick peas. Other sources could be eggs or Quorn and soya mince.

Dairy and dairy alternatives

This includes milk, yogurt, cheese, cream cheese or dairy alternatives.

This food group is important for calcium to support healthy bones and teeth. You require 2-3 portions each day to achieve your calcium needs.

A portion of dairy product is 200ml milk (calcium levels are the same in full fat, semi-skimmed or skimmed milk), pot of yogurt, or a matchbox size (30g) piece of hard cheese (e.g. cheddar).



How can I do this with my food parcel?

UHT long-life milk will have the same calcium in as standard milk. This can be used on breakfast cereal or with oats to make porridge. You can also get some of your calcium needs with tinned products such as rice pudding or custard.



Oils and Spreads

Cook with reduced fat and grill rather than fry where possible. Choose healthier fats for heart health during cooking. Examples are vegetable oils such as rapeseed oil, sunflower oil and olive oil. Oils from nuts and seeds are also in this group. Fats that are not good for your heart health are fats such as butter, lard, ghee, fat on your meat, coconut and palm oil which can increase your cholesterol and increase risk of heart disease and stroke.

As seen on the Eat Well Guide (see last page) there is a very thin slither of purple in the fats and oils section. This is because you need fats in your diet for fat-soluble vitamins, but all fats no matter what the type are high in energy and therefore you only need them in small amounts.

1-2 portions a day can include a knob of margarine, or 1 teaspoon of oil, mayonnaise, dressing and salad cream. Other ways of cooking such as using water to cook as an alternative to oil or dry frying will help reduce your fat intake.



Seasoning

Be mindful to reduce salt intake where you can, both when cooking and when adding salt at the table. Salt can increase your blood pressure and the risk of heart disease and stroke. You can make your cooking as interesting as possible by adding herbs or seasoning such as pepper or spices to increase variety and flavour.

How can I do this with my food parcel?

There will be some condiments that will be in food parcels and these may help flavour foods. You may already have herbs, spices or pepper in your cupboards. If you don't have chilli powder, you could try adding Tabasco or hot sauce to increase flavour. Worcester sauce or pepper will add a bit of flavour and spice. Even try a bit of BBQ sauce or curry powder into your beans as a flavour alternative.

Vitamins and Minerals

You may wish to consider taking 10 micrograms of Vitamin D a day to keep your bones and muscles healthy. This is because you may not be getting enough vitamin D from sunlight if you are indoors most of the day.



Before taking a supplement of any kind, make sure your information is reliable and speak to your doctor, dietitian or pharmacist for advice.

Snacks & Treats

During this period of 'lockdown' you may find you are snacking more often. You can have snacks as part of a healthy balanced diet. Too much snacking can also lead to increased intake of calories, sugar, fat or salt. You may snack more due to feeling bored, lonely or low; getting used to your new routine in 'lockdown' such as working from home or not having the same outside hobbies that you are used to.

There are several ways you can help manage your snack intake. Here are a few tips:



- 1** Choose healthier snacks such as chopped up fruit, vegetables, no added sugar custard or jelly. Have these prepared in the fridge or cupboard so they are ready should you want them.
- 2** Check if you are hungry. It may be that you are thirsty rather than hungry. Have a hot drink or glass of water, wait for 20 minutes and then have a healthy snack if you are still hungry.
- 3** Distraction. Have some ideas that you can use as an alternative to snacking, for example to contact a friend, watch a TV programme or a box set, read a book, have a bath, or do some indoor physical activity.
- 4** If you are going to have high sugar or high fat snacks such as cakes, biscuits, chocolates and sweets, try and manage your portions. Have a smaller bag or put them into a small container or bowl or share with others so you are not tempted to eat a larger packet.
- 5** Plan when you are going to have your snack and then you do not feel like you are denying a treat, for example: "I will plan to have a snack once at the weekend", decide what it is and portion it.

How can I do this with my food parcel?

Plan snacks in smaller amounts and consider the tips above. Have a regular meal pattern as this will help you achieve your daily nutrition and can help reduce snacking in-between meals. Be mindful with your snacks and when eating food. Savour every mouthful and eat slowly as this will help you enjoy your food. It will also give your stomach a chance to tell your mind you are full.

Remember it is fine to have these sometimes but it is important to try and achieve an overall balance!



How to cook store cupboard dinners on a budget

The kitchen cupboard is often overlooked in favour of the convenience of tucking into a ready meal or calling in a takeaway. But with the right mix of dried foods, tins and packets, a filling and tasty dinner is only ever a few minutes away. It takes just a few pounds to stock up your kitchen with the basics, and if you mix and match carefully you'll be able to rustle up a good variety of meals. So which ingredients should you stock up on?

Five Superhero Staples that could be in Every Store Cupboard!



TINNED TOMATOES Chopped tomatoes are a staple ingredient of many popular recipes, including pasta sauces, curries, soups and chilli con carne. Tinned tomatoes also come whole (plum tomatoes) and sieved (passata).



STOCK is used in stews, curries, rice dishes, soups and gravy. The cheapest form of stock is cubes. Similar products include jelly pots and concentrated stock in bottles – these are more expensive, but some people prefer the taste. Some ready-made stocks are very salty, so choose reduced salt varieties if you are watching your salt intake.



COOKING OIL Many dishes require oil for cooking, but it doesn't need to be anything fancy. In fact cheaper oils often do the job better. The most versatile – and affordable – oil is a flavourless one such as vegetable oil or sunflower oil.



PEPPER enhances the taste of other ingredients. It adds a spicy warmth and is especially important when cooking creamy dishes and meat. Pepper should be added towards the end of cooking as it loses flavour when cooked. Black and white pepper can be used interchangeably, though they do have a slightly different flavour.



LEMON JUICE makes it onto the list because its acidity can transform many different dishes. Fresh does taste best, but a bottle is cheaper, lasts longer and does the job. Use it in risottos, sprinkled onto fish, rice and green vegetables, mix it with oil and spices to make marinades that will tenderise tough meat, whip up a basic salad dressing or use a few drops to enliven overly rich or bland sauces, stir-fries and casseroles.

Tinned Foods

Tinned foods tend to be cheap and have a long shelf life, but they also retain a lot of nutrients and often compare favourably with fresh foods. They can be used to make all manner of quick, healthy dishes, so don't limit yourself to baked beans on toast!

BEANS AND PULSES are very nutritious and a useful standby for last-minute dinners such as spicy bean wraps, sausage casseroles or veggie stews. Dried beans and pulses can be much cheaper, but tins are still cheap compared to most foods. Dried versions often need soaking and tins are more convenient.

TINNED VEGETABLES such as potatoes, are great in Spanish omelettes and stews. Chickpeas and spinach are both great in curries. Try to buy tinned vegetables in water, rather than brine, which contains a lot of salt.

TINNED FISH is a popular choice, but you can now buy everything from pilchards to lobster in tins. Try sardines on toast or with pasta.



Frozen Ingredients

The freezer section of supermarkets stock a lot of processed food, but there are some great value gems to be found. A well-stocked freezer can make life much easier, providing healthy, balanced meals in minutes.

FROZEN VEGETABLES. Stock up on peas, onions and mixed vegetables so you'll always have options for healthy meals. Frozen sweetcorn is better than tinned because you can use the exact amount you need without being restricted by the tin size.



FROZEN FISH and seafood. Cook-from-frozen fish fillets are a healthy standby. Seafood mixes make great fish pies and pasta dishes.

MEAT & MEAT SUBSTITUTES Try cook-from-frozen mince, or diced meat for stir-fries, wraps and curries. Quality varies, but frozen doesn't equal bad (for instance, many good butchers sell frozen meat).

FROZEN FRUIT For sweet treats, frozen fruit makes great crumbles and smoothies. Over-ripe bananas can be frozen and made into healthy ice cream.

FROZEN MASH makes many family-favourite meals easier and ready rolled puff pastry can be used to make cheat's pizzas or turn leftover stews and casseroles into pies.



Starches

Starchy foods such as pasta and rice should make up about a third of your diet according to the Eatwell Guide. As well as being good for you, they are cheap and store well in air-tight containers. Here are some tips on what types to buy and how to use them:

DRIED PASTA is unbeatable for a quick dinner. Learn one or two store-cupboard sauces and you'll always be able to whip-up a meal. The shape of pasta required depends on what you like to cook. To bulk out soups, use tiny pasta shapes. For thin sauces, try spaghetti or penne. If you like chunky sauces or bakes, go for larger shapes such as rigatoni and farfalle. Brown pasta is better for your health, though it takes a little longer to cook.

NOODLES come in many shapes and sizes – they are all quick to cook and very versatile. Use them in soups, sauces and stir-fries. The most common in the UK are egg noodles, which can be used in stir-fries or alongside meat and vegetables.

RICE As a rule of thumb, the shorter the grain the more absorbent the rice will be. For fluffy, separate grains, use long-grain varieties. Medium grains absorb more liquid, so are used in risottos and paella. Short grains make sticky rice – ideal for puddings. Long-grain rice is the cheapest variety. It benefits from thorough rinsing with cold water before cooking – particularly if using the cheapest brands. Use cold, freshly cooked rice to stuff vegetables or make special fried rice.

COUSCOUS is very easy to cook: a bit of measuring and then simply soak it in boiling water. Serve it in salads, or with stews and grilled meat.

OATS are a good store-cupboard ingredient for sweet dishes. Use them to make flapjacks, in a quick and healthy crumble topping, or add them to cookies and muffins.



Cornd Beef Hash

Ingredients

2 Teaspoons Oil

1 Onion (peeled and chopped)

1 Tin potatoes* (boiled and mashed)

1 Tin Corned Beef (cubed)

*when using tinned potatoes place them into boiling water, reduce heat and simmer for 10 minutes to make them better for mashing

Method

1. Heat oil in a large saucepan and fry the onions until golden
2. Add the corned beef and potatoes
3. Cook for 5 minutes and season
4. Serve and enjoy

**SERVES
FOUR**



Cottage Pie

Ingredients

1 Tin of Beef

2 Tins of Vegetables

Instant Mash or Tinned Potatoes

1 Onion

**SERVES
FOUR**

Method

1. Preheat oven to 200C
2. Cook instant mash according to packet or boil tinned potatoes for 10 mins to soften before mashing
3. Cook soup in a pan and simmer until it thickens
4. Cook vegetables and then mix with the tinned beef
4. Put in oven-proof dish and top with mash
5. Place in oven for 20 minutes
6. Serve and enjoy



Curry

Ingredients

1 Tin of Vegetable Soup
1 Tin of Chicken/Meat
(shredded with fork)
1 1/2 tsps Curry Powder
1/2 Tin of Mixed Vegetables
1/4 Tin of Peas
Small teacup Dried Rice

Method

1. Mix all ingredients up in a saucepan and heat thoroughly.
2. Boil 1 teacup full of dried rice in 3 teacups full of water according to the instructions on the packet. (Usually 10 mins.)
3. Serve and enjoy

SERVES
FOUR



Tuna Pasta Bake

Ingredients

1 tin of soup, either cream of tomato or vegetable
1 tin of tuna
Frozen, tinned or fresh vegetables depending on what is available (e.g. sweetcorn)
1 stock cube if available
Pasta - pre-packed or cooked from dried
Seasoning, e.g. herbs or pepper
Small amount of oil, 1/2 teaspoon to fry or use water/dry fry
Grated cheese for flavour.

Method

1. Chop vegetables (if using fresh) and fry. If no fresh vegetables are available, empty soup into a saucepan, add cooked pasta and heat.
2. Add stock cube and the frozen, tinned or fried vegetables.
3. Add tin of tuna (once strained)
4. Season to taste with pepper before serving.



SERVES
FOUR

Pasta Bolognaise

Ingredients

1 tin of tomatoes

Dried herbs (and paprika if available)

Pasta - pre-packed or cooked from dried

Beef mince (or alternative e.g. tinned meat that has been chopped)

Onion (or alternative frozen or tinned vegetable e.g. sweetcorn)

1/2 Sweet pepper if available (frozen or fresh)

1 stock cube

Method

1. Fry mince or alternative until browned
2. Add the onion, vegetables and pepper (if using) and heat gently for a further 2 minutes.
3. Add the tin of tomatoes, stock cube and dried herbs and heat through until cooked.
4. Cook the pasta as per the instructions on the packet and serve with the sauce.
5. Serve and enjoy.

**SERVES
FOUR**



Chilli con Carne

Ingredients

Beef Mince or Vegetarian Mince. (alternatively could just use Kidney Beans)

1 tin kidney beans

1 tin tomatoes

1 Onion (fresh or frozen, chopped or sliced)

1 stock cube

Chilli powder to taste

Rice (either from a prepared pouch or cooked from dried)

Method

1. Fry mince (if using) until browned.
2. Add the tin of tomatoes, kidney beans, chilli powder and stock cube and heat through until cooked.
3. Cook the rice as per the instructions on the packet and serve with the sauce.

**SERVES
FOUR**



Pasta, Tinned Meat & Sauce

Ingredients

Pasta

Tinned meat
(e.g. ham, tuna, corned beef)

Pasta sauce

Method

1. Cook pasta according to instructions
2. Heat pasta sauce as per instructions
3. Cube tinned meat and mix into sauce
4. Drain pasta and mix with prepared sauce

Chicken Casserole (other meats can also be used)

Ingredients

1 can cream of chicken
condensed soup (or alternatives)

Cooked chicken (fresh or tinned)

4 large potatoes (large, washed)

Method

1. Preheat oven to 180°C
(160°C fan-forced)
2. Grease a square 20cm x 20cm
baking dish and set aside
3. Gather your ingredients
4. Remove all meat from
chicken and chop
5. Heat the condensed soup in a frying
pan over medium heat until warmed
6. Add chicken and bring to the boil. You
may need to add 1/2 cup of water if it is
too thick. Remove from heat.
7. Pour chicken mixture
into the baking dish.
8. Slice potatoes thinly and place
on top, overlapping each
slice to cover the entire dish.
9. Bake for 25-30 minutes or until potatoes
are cooked through. Serve with
steamed vegetables.

SERVES
FOUR



Chicken Risotto

(You can use sausages, fish or other meat)

Ingredients

2 chicken breast fillets

Tinned or fresh veg

Rice (either from a prepared pouch or cooked from dried)

Chicken stock cube 1 tbsp oil

Method

1. Cook rice as per instructions
(add stock cube if using plain rice)
2. Slice chicken fillets horizontally into thin escallops
3. Heat a non-stick frying pan over medium heat with the oil
4. Fry chicken for 1-2 minutes on each side until just
cooked through
5. Set aside and keep warm
6. Add vegetables and cooked rice. Stir to combine
and warm through
7. Distribute rice between serving
bowls and top with chicken

SERVES
FOUR



Savoury Pancakes

(A great recipe to make with kids!)

SERVES
FOUR

Ingredients

55g/2oz plain flour

Pinch salt

1 free-range egg

140ml/4 1/2 fl oz milk

Vegetable oil, for frying

For the cheese sauce

25g/1oz butter

25g/1oz plain flour

225ml/8 fl oz milk

100g/3 1/2 oz cheese

Freshly ground black pepper, to taste

Topping suggestions

80g/3oz good-quality smoked ham

3 spring onions, finely sliced

Method

1. Sift the flour and salt into a large bowl. Whisk together the egg and milk in another bowl then slowly pour the liquid into the dry ingredients. Whisk together until the batter is smooth. Set aside.
2. For the cheese sauce, melt the butter in a small pan and whisk in the flour. Cook for 1 minute then gradually add the milk whisking continuously. Bring to the boil and reduce the heat to a simmer for 1 minute until the sauce is thick and smooth. Stir in half of the cheese and season with black pepper.
3. To make the pancakes, heat a 20cm/8in crêpe or omelette pan until very hot. Drizzle in a small amount of oil and tip the pan to swirl the oil around. Ladle in about two tablespoons of batter mix and immediately tilt the pan from side to side to get a thin, even layer of batter to cover the base of the pan. Cook for around 30 seconds until the underside is golden then flip or turn with a pallet knife.
4. As soon as the pancake is turned, scatter over some ham, spring onions or any topping of your choice. Spoon over some cheese sauce then top with a scattering of the remaining cheese.
5. Once you've topped the pancake the underside will be done. Fold the pancake in half then slip it out of the pan onto a warmed serving plate and keep warm under some foil while you make the remaining pancakes.



Sausage Fried Rice

Ingredients

Rice (either from a prepared pouch or cooked from dried)

3 tinned hot dogs - Sliced

Chopped carrots (fresh or tinned)

Frozen or fresh onion (chopped or sliced)

Salt & pepper

Garlic granules (optional)

Vegetable oil

1 stock cube

Method

1. Cook rice as per instructions (add stock cube if using plain rice)
2. Meanwhile, oil a pan and cook the hot dogs, onions and carrots.
3. Once the rice is cooked, drain well and add meat ingredients

SERVES
FOUR



RECIPE IDEAS

Other Meal Ideas

Beans on Toast

This could incorporate vegetables, protein and carbohydrate in one meal (if possible chose the low salt and sugar varieties).

Tinned Meals

Try and add additional vegetables such as frozen and tinned veg, if the meal does not have carbohydrate try adding tinned or mashed potato.

Meat & Mashed Potato / Potato Hash

This can include the packet mashed potatoes with meat and tinned / fresh veg.

Porridge

A really good breakfast and if you make your porridge with milk it can provide energy from carbohydrate and calcium from the milk in one meal.

Tinned Spaghetti or Macaroni Cheese

Try adding frozen or tinned vegetables e.g. sweetcorn, mixed veg to either tinned Spaghetti or macaroni cheese this can incorporate some of your 5 a day with pasta (carbohydrate). You could always add some extra seasoning to taste.

Dried Noodles

Try adding frozen or tinned vegetables and meat or meat alternatives to incorporate protein, carbohydrate from the pasta and some of your 5 a day.

Fruit & Custard

For a sweet treat, why not try frozen, fresh or canned fruit with ready-made tinned custard.

If you have any recipes you would like to share please email them to torbaylifestyles@nhs.net



This booklet was created by Torbay's Healthy Lifestyles Service who are commissioned to provide public health services on behalf of Torbay Council

This booklet has been jointly prepared to provide information to support people to eat healthily during isolation. Healthy Lifestyles have taken reasonable endeavours to ensure that the content of this booklet is, to the best of their knowledge, accurate at the time of printing. However, it is not to be perceived as professional advice. Before following any guidelines set out in this booklet, readers shall always consult with a GP if they consider it necessary or they have any concerns about their health conditions.

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Feedback

We would value your feedback on this booklet. If you are happy to be contacted please text the word FOOD to 07584 313044 by 31st August 2020.

We will then get in contact with you via your mobile phone. You can opt out at any time without giving any reason.

It is really important that we let you know that text messages to this number are charged at your standard text messaging rate. You will also still be charged if you text after the deadline. Texts sent without the keyword or where the keyword is misspelt may not reach us and will still be charged.

All information will be handled in accordance with Torbay and South Devon NHS Foundation Trust's information governance policies and we will never share your data with third parties.



Torbay and South Devon
NHS Foundation Trust

Eatwell Guide

Check the label on packaged foods

Energy	Fat	Saturated Fat	Sugars	Salt
1046kcal	3.0g	1.3g	34g	0.9g
250kcal	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

Typical values (as sold) per 100g: 697kcal/ 167kcal

Choose foods lower in fat, salt and sugars

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



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Useful phone numbers and online resources

NHS 111

Dial 111 from your phone or visit the website at **111.nhs.uk** if you have any concerns about your health.

The Torbay Coronavirus Community Helpline

Helpline for those affected by the Coronavirus Pandemic, open to the people of Torbay to request help, volunteer their assistance or refer anyone they believe/know needs help. **Dial 01803 446022** from 8am until 8pm seven days a week, or **01803 857727** from 9am until 4:30pm, Monday to Friday visit the website at: **torbayhelphub.com**

Silver Line Helpline

If you are aged 55 or over, call for a cheerful chat, day or night
0800 470 80 90

Samaritans

If you want to talk through any concerns, worries and troubles **Dial 116 123** for a safe place to talk any time you like.

Healthy Lifestyles

For support and advice to help you make healthier lifestyles choices
Call 0300 456 1006 or visit the website at **tsdft.uk/lifestyles**

British Dietetic Association (BDA)

Nutrition fact sheets are available on a range of topics from the British Dietetic Association website at **bda.uk.com**

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