

Warwickshire Food for Health Group

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# Food News

## The Winter edition

In this edition of Food News colleagues are sharing some ideas and tips for food during December. And through the winter

Our top 10 Warwickshire tips have a number next to them so you can identify them more easily.

We hope you find them interesting and useful.



**THIS NEWSLETTER  
IS PRODUCED BY  
WARWICKSHIRE  
FOOD FOR HEALTH  
GROUP (WFFHG)**

WFFTG is a multi-agency partnership offering people who use food projects to promote health the opportunity to meet to learn from each other.

The group meets four times a year in different localities across Warwickshire. If you would like to attend a meeting, please contact the editor. Details on the back page.

Follow Christmas tradition by putting tangerines and nuts into Christmas stockings. A refreshing change to chocolate. This comes from 12th-century French nuns who left socks full of fruit, nuts and tangerines at the houses of the poor.



Warwickshire Fire Service advise that although you need to check wiring on Christmas lights, most fires start in the kitchen. Never leave cooking unattended.

Age UK Warwickshire asks that we take time to check on a neighbour, especially if they live alone. Have they been able to get out to buy food or could you invite them over for a meal? Do they need any chores doing?



The UK Brussels Sprouts industry is worth £650 million, and the area of the country covered by Brussels Sprouts fields is the equivalent to 3,240 football pitches.

Reindeer normally eat grasses and grains but they do like carrots. If you have run out of carrots, leave them an apple as they like these just as much.

Japanese people now eat KFC for Christmas dinner, thanks to a successful marketing campaign 40 years ago. KFC is so popular that customers are asked to place their Christmas orders 2 months in advance.



### **Donate to your local food bank.**

In the week before Christmas 2017, Stratford Food Bank distributed 93 food parcels. 34% went to families with children. In Atherstone, which has half the population, 70 parcels were distributed.

Some food banks don't need food donated, but would really appreciate your time, so find out what yours needs.

Go to the Trussell Trust web site to find out more. If your local supermarket collects for a food bank they usually have a list of what is needed. If you are in North Warwickshire go to the Ediblelinks Facebook page as they manage the food banks.





The figures vary depending on which web site you look at, and what they include in the dinner, but we've seen quotes of between 978 and 4,321 for Christmas dinner alone, and when you add in 2 other meals, more drink and the nibbles, it could rise to over 8,000 calories. Here is a description of one Christmas dinner.

### Starter & appetiser

Smoked salmon with buttered toast and horseradish – 230 calories

Small portion of nuts – 152calories

(382calories)

### Dinner

4 slices of turkeys – 570 calories

3 roast potatoes – 100 calories

5 pigs-in-blankets (sausages wrapped in bacon) – 315 calories

Gravy made with turkey fat – 70 calories

3 balls of stuffing – 97 calories

Buttered sprouts – 65 calories

Buttered carrots – 60 calories

Bread sauce made with full cream milk – 95 calories



(1,372 calories)

### Dessert, cheese and nibbles

1 mince pie – 158 calories

An individual Christmas pudding, custard & brandy butter – 462 calories

5 individual chocolates – 288 calories

A portion of cheese and buttered crackers – 306 calories

(1,214 calories)

### Drinks

Two glasses of champagne – 190 calories

1 pint of beer – 210 calories

Two large glasses of white wine – 375 calories

Two large glasses of red wine – 380 calories

A glass of port – 78 calories

A small glass of mulled wine – 120 calories

See page 5 for our tips to reduce the calories in this meal.

(1,353 calories)

**Total for this Christmas dinner blow-out  
= 4321 calories**

See page 6 for how active you'd need to be to burn up the calories in this meal.

## Keep Hydrated this winter



Warwickshire Hydration partnership advises:

We don't get as thirsty in the cold weather, so make sure you keep a drink on the go.

If you start to feel unwell, increase how much you are drinking and speak to your pharmacist.

Most people know that alcoholic drinks are dehydrating, so make sure you drink lots of alcohol free ones. If you are holding a party, remember to get in something tasty for the people who don't want alcohol, and those who don't want the calories.



Here are 2 winter cocktails from Jen, Community Dietitian

### Vanilla Cranberry Cocktail (for 1)

1/2 tsp finely grated orange zest  
1/2 tsp finely grated lime zest  
1/2 tbsp fresh lime juice  
100ml cranberry juice  
1 scoop good quality ice-cream  
3-5 fresh or frozen cranberries or raspberries

Combine all the ingredients except the cranberries in a shaker, and shake vigorously. Pour into a chilled glass and allow to stand for a few seconds so that the foam settles. Decorate with fresh or frozen cranberries or raspberries..

### Earl Grey Hot Toddy (for 1)

1 Early grey tea Bag  
A sprig of lemon thyme  
235ml boiling water  
2 tbsp. freshly squeezed lemon juice  
Honey to taste (or for a sugar free version use sweeteners)  
Thin slice of lemon to garnish

Place the tea bag and the lemon thyme in a heatproof glass or mug. Cover with boiling water and steep for 4 minutes

Remove the tea bag without pressing on it and add the lemon juice. Stir and add the honey or sweeteners to taste.

It's technically illegal to eat mince pies on Christmas Day in England. In the 17th century, Oliver Cromwell banned Christmas pudding, mince pies and anything to do with gluttony. The law has never been rescinded.



**230,000 tonnes** - The amount of wasted Christmas food that is thrown away each year.

Cris, the SWFT sustainability officer suggests you try composting this year.

A surprising amount of Christmas waste items can be composted, which has the double benefit of freeing up space in your general waste bin and producing lovely (free) compost for your garden.

Christmas is a good a time as any to get composting, as you will be producing more compostable waste than at any other time of year. **Go to this web site for more details:**  
<http://www.lesswaste.org.uk/2017/12/19/composting-at-christmas/>



### **Tips to reduce the calories in the Christmas meal from the Dietitians**

Serve plain rather than buttered vegetables

Remove the fat from gravy before serving

Use low fat milk to make the bread sauce and custard

Serve the pudding with just custard, not brandy butter

Keep cheese and crackers to supper and don't add extra butter

Do you really need that much alcohol with your meal?

Have just one glass of champagne and 2 glasses of wine

Use small glasses instead of large.

**Making these changes could reduce the calories of the meal by approximately 1300.**

Traditionally, families gather together in the kitchen of their homes to mix and steam Christmas pudding on Stir-up Sunday, the last Sunday before Advent (this year on 2nd December) . Everyone takes a turn to stir the pudding mix and make a special wish for the year ahead.

**A survey has revealed on average, British women do not attempt their first Christmas lunch until the age of 34. Nearly half of women polled said they felt a real sense of achievement when finally dishing up the Christmas dinner and 28% of British men admit that their partner's dinner is better than their mother's.**  
**Source: Food Network**

If you'd like to save calories by being more active, the following activities will burn up approximately the same as you have consumed in each part of the meal

**Starter & appetiser** – an hour's jog or 9 mile cycle or swim for 65 mins

**Dinner** – jog four miles every day for a week or play four 90-minute football matches or work-out in the gym for 4hr

**Dessert, cheese and nibbles** – run a half marathon or do four hours of pilates or a four-hour hike

**Drinks** – 2.5 hours running on gym treadmill or two rounds of golf or three hours of tennis

57 - The number of Olympic sized swimming pools that could be filled with the beer consumed in the UK over Xmas.

### The most popular sprout recipe

Hayley, dietetic assistant says: "this goes down a treat in my family - mix partly boiled sprouts and leaks and then fry off with pancetta or bacon. We tend not to add any oil as the bacon has enough fat in it."



Our Warwickshire Environmental Health officers would like to remind everyone to go to the Food Standards Agency web site to find out how important it is to keep up your standards of food hygiene at Christmas by following the '4Cs'.

The '4Cs' are:

- cleaning
- chilling
- cooking
- avoiding cross-contamination

There are over 1 million cases of food poisoning in the UK each year. You'll find all the information at: [www.food.gov.uk/safety-hygiene/christmas](http://www.food.gov.uk/safety-hygiene/christmas)



Will you be alone this Christmas or are working with someone who will be?

Do you have family who will be working Christmas day?

Communities and organisations across Warwickshire are welcoming people to join them for Christmas lunch.

As well as the event in Warwick shown below there is a similar one in Henley. Local community workers will be aware of more events or find out if anyone you know will be alone and invite them to visit you.

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The poster is for the Warwick Town Christmas Lunch 2018. It features a green and white striped border. At the top, there is a holly leaf and berries. The title 'Warwick Town Christmas Lunch 2018' is prominently displayed in a red, cursive font. Below the title, the text invites people to join for a very merry Community Christmas to spend time together and share some festive cheer. It states that lunch is hosted on Christmas Day for local residents, singles or couples who would otherwise be on their own. It also mentions that if you or someone you know would like to join, please let them know, as Rumour has it that Santa may be stopping by too. The event details are listed in three green boxes: The Court House, Jury Street, Warwick CV34 4EW; Join Us from 12noon - 4pm on Tuesday 25th December, with lunch served at 1pm; and a Traditional 3-course Christmas lunch, turkey or vegetarian option, plus all the trimmings. A cartoon Santa Claus is standing between the boxes. Below the boxes, there are sections for 'Who is invited?', 'How do I sign-up?', 'How do I get there?', and 'Any other questions?'. The poster concludes with a statement from Terry, Liz & the Team.

**Warwick Town**  
**Christmas Lunch**  
**2018**

**Join us for a very merry Community Christmas to spend time together and share some festive cheer.**

**We are hosting lunch on Christmas Day for local residents, singles or couples who would otherwise be on their own.**

If you, or someone you know, would like to join us please let us know!  
Rumour has it that Santa may be stopping by too...

**The Court House**  
Jury Street  
Warwick CV34 4EW

**Join Us**  
From 12noon – 4pm  
Tuesday 25th December  
Lunch served at 1pm

Traditional 3-course Christmas lunch, turkey or vegetarian option, plus all the trimmings.

**Who is invited?**  
Residents of any age who live in and around Warwick – permanent or temporary. We are restricted to 80 guests and we therefore ask that you register ASAP to secure your place.

**How do I sign-up?**  
Please call the team on **01926 710284**, leave a message on our answer machine and we will call you back. Alternatively, please email us at **warwickchristmas@outlook.com**  
If you have any specific dietary requirements, please let us know at this point.

**How do I get there?**  
We ask that guests make their own travel arrangements. However, we can offer assistance with transport if this is an issue.

**Any other questions?**  
Please call the team on **01926 710284**.  
Alternatively, call Terry on **07795 291397** or email us at **warwickchristmas@outlook.com**

Once again, local sponsors have been incredibly generous with donations and therefore everything is free of charge

**We are looking forward to celebrating with you! Terry, Liz & the Team**

### **Food News**

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### **Find us on line:**

<http://warwickshire.gov.uk/healthyeating>



### **The dates of Food for Health Group meetings 2019**

March: Thursday 21<sup>st</sup> at 9.30

June: Tuesday 11<sup>th</sup>

September: Wednesday 4<sup>th</sup>

December: Thursday 5<sup>th</sup>

If you would like to attend, please contact Ruth Breese

### **For your Waiting Room (or office)**

Save yourself some work—Put up this edition of Food News.