

Guidelines for staff using Shop Cook and Eat









Shop cook and eat is designed primarily to support a young person leaving care and moving into own or supported accommodation. It is intended as a first step to develop skills in shopping, budgeting, to encourage regular eating habits and simple cooking skills. Although recipes are included the resource is more about ideas and prompts towards independent shopping and meal planning. **NB Shop, Cook and Eat should always be used with support from staff.**

Aim - to give young people the foundations and confidence to incorporate healthier food choices for independent living.

Objectives

- ✓ Provides the first steps in managing a budget
- ✓ To be able to shop, cook and make healthier food choices.
- ✓ Support young people to eat regular meals
- ✓ Assist with meal planning
- ✓ Be able to follow simple recipes

The resource consists of ;

-  a shopping list for about a week, plus store cupboard items
-  ideas for breakfasts, snacks, quick meals and treats
-  basic recipes for one or two people
-  how to cook basics
-  an equipment list
-  pages for own ideas and recipes
-  pocket insert for extra shopping lists
-  checklist with oral health messages

Shop, Cook and Eat focuses on ensuring a young person has adequate nutrition, the health messages are promoted through the food choices.

For more information on food your organisation can have access to an 'eat well' toolkit resource box.

Containing;

- ✓ Our Food our Health and oral health information.
- ✓ Extra shopping lists – downloadable
- ✓ Cooking session planner
- ✓ Evaluations to use with young people

Young people will be at different stages, ability and interests and require differing levels of support. Some may be very confident with budgeting but not cooking and using recipes, some may not have had any opportunities for developing these skills. Shop, Cook and Eat can be used very prescriptive or can simply be used as a guide or prompt, for example a young person might simply use the shopping lists.

A pregnancy leaflet is available to support the Shop Cook and Eat Resource.

It is primarily aimed at pregnant young girls who are vulnerable and may have a poor diet. The leaflet contains key messages in a simplistic format includes information on;

- What it means to eat well in pregnancy
- Key vitamins and minerals
- Healthy Start scheme
- Food safety in pregnancy

Contact NHS Forth Valley Nutrition & Dietetic Dept. 01786 434991 for more information.

Using Shop, Cook and Eat

Find out if this is the right resource to use with this young person. Get an idea of the young person's current eating, shopping and cooking habits.

Flip through the resource with the young person and identify main areas of support

- ✎ budgeting
- ✎ shopping
- ✎ cooking/food preparation

Identify the young person's usual (if any) shopping habits
How much do they normally spend on food?

- ☺ as a paper exercise,
- ☺ Using the internet
- ☺ supermarket websites
- ☺ Visit to local shops or supermarket

Health and safety should be considered. Does the young person know how to use the cooking equipment and utensils safely?
If literacy is an issue contact the Dietetic dept. as there are other pictorial resources available that might be more suitable.

Is this young person confident about cooking and food preparation?
Do they usually have take-aways and ready meals?

Suggestions for support

- ☺ Use the shopping list for basics, store cupboard items can be added on each week
- ☺ Create a budget and meal planner
- ☺ Go with the young person to help them get their shopping
- ☺ Cook with the young person at the level they are at, eg boil an egg or spaghetti bolognese
- ☺ Sitting with the young person to eat, encouraging social side of food.
- ☺ Are there opportunities for peer group cooking?

Is the young person aware of the main oral health messages? Try to embed these messages into daily food choices, limiting the amount and frequency of sugar intake.
Your organisation should be accessing NHS Forth Valley toothbrush programme for oral health packs for vulnerable young people.

For information on nutrition during pregnancy log onto www.nhs.uk and search Healthy Diet in Pregnancy.

Use the evaluation sheet to assess any changes with the young person you are working with.

There are a variety of resources available to suit different people and organisations, check out www.nhsforthvalley.com/healthpromotion

Has 'Shop. Cook and Eat' made a difference in your life.

Name

1st date 2nd date.....

How sure are you about?



Would you rather,

