

COMMUNITYFOODINITIATIVES

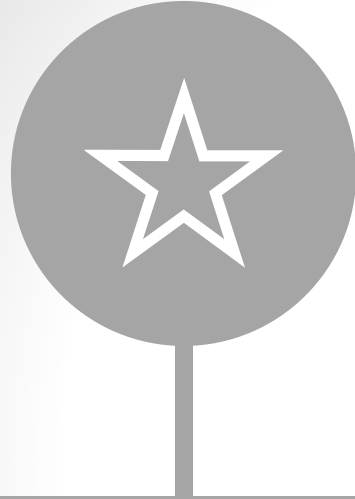
Webinar Wednesday, 10 March
2021
Fionnuala Dunleavy

New Lodge Duncairn Community Health Partnerships response to COVID challenges

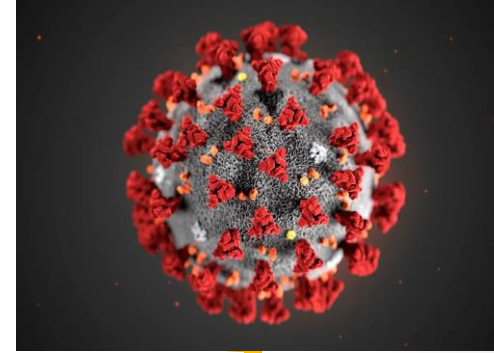


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Small
Projects
Food Values



Steering
Group

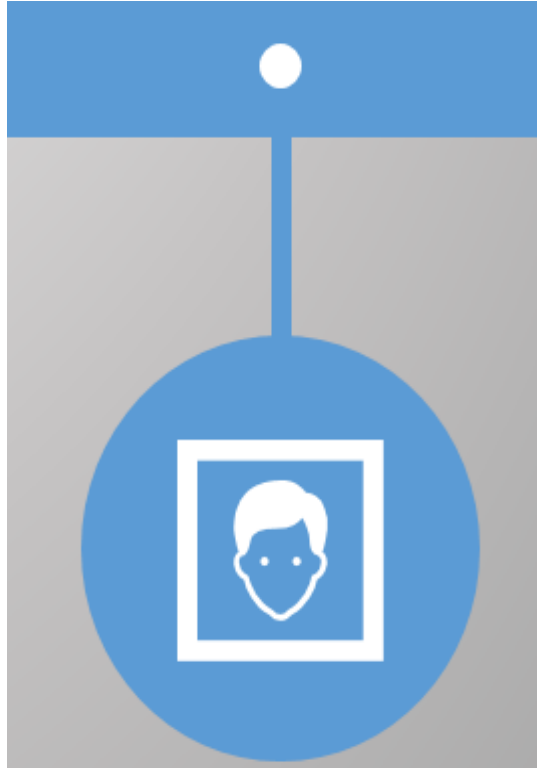
Community
Events

Not in 2020!!



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Steering Group



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The second year of the current CFI funding programme came around quite quickly, and was as everyone knows a huge challenge, particularly for small community organisations.

Challenges

- Lockdown restrictions
- Risk Assessments
- GDPR
- Shopping
- Recruitment & Retention



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Food Values is a budgeting programme for better nutrition developed by the Health & Social Care Trusts in N Ireland

Programme breakdown over 4 sessions: Shopping Savvy, Preparing to shop, The cost of convenience, Look before you buy.

Then – year 1

Pre programme preparation – 8 hours

Recruitment – Liaising with community and statutory partners

Arrange facilitator & venue

Run programme over 4 sessions

Now – year 2

Pre programme preparation – 30 + hours

Risk assessing

Recruitment - online/school/community/word of mouth

Supporting facilitator to produce 4 recipe video clips & throughout programme delivery

Send GDPR & privacy notices for WhatsApp group

Admin pack for delivery

Shopping for family sized ingredient bags

Delivery of family sized ingredient bags adhering to the risk assessment

Supporting participants to engage

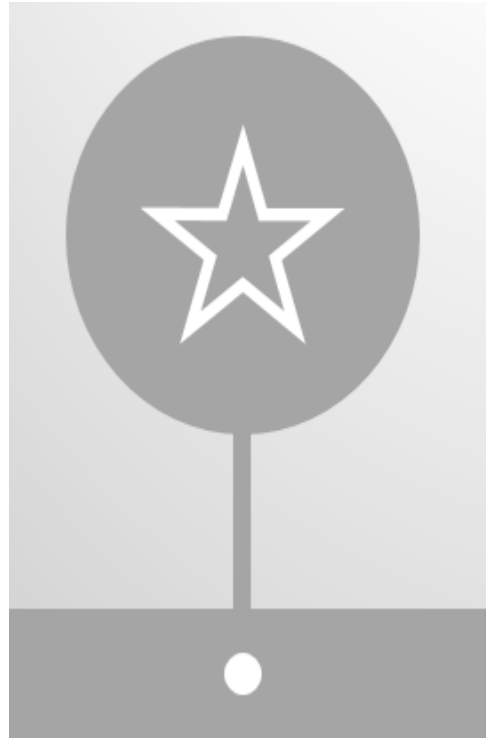
When we considered all the requirements we were fearful on how to pull it off – a big leap for us



**Food Values
programme**



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Food Values Shop Smart. Spend Less. Eat Well



4 Week Food Values Course
Budgeting for Better
Nutrition online/WhatsApp
Programme

Session 1 Shopping Savvy
Session 2 Preparing to Shop
Session 3 The Cost of Convenience
Session 4 Look Before You Buy

Recipes and cooking ingredients
will be delivered

If you are interested please get in contact with your Principal.



NEW LODGE DUNCAIRN
COMMUNITY HEALTH PARTNERSHIP

Delivered by NLDCHP 02890745588 in
partnership with SafeFood

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2019 - 2021



safe food



Remote Food Values-cook at home

Session one is introduction and shopping savvy, below few links that will give you some info, trip and ideas on eating health and shopping more savvy

- What is healthy eating <https://www.safefood.net/healthy-eating>
- Eat Well Guide videos and activities <http://archive.foodafactoflife.org.uk/VideoActivity.aspx?siteId=19§ionId=131&contentId=830>
- Food safety and cooking <https://www.safefood.net/food-safety/cooking>
- Refresh your kitchen skills <https://www.safefood.net/how-to/kitchen-skills>
- British Nutrition Foundation 7-day meal plan https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/7-day-meal-plan.html?_cf_chl_jschl_tk=_a210e39fe5a14d7614d939ccaa26e30fb6386d3-1601399883-0-AXZ7pmKQwAsKXdU63w

Also check out:

- www.safefood.com
- www.safefood.net/transform
- Please like our Facebook page Supporting Families North Belfast/New Lodge Duncairn Community Health Partnership page for more information on our services and support.

Session two of Food Values is **preparing to shop**

Below few links that will give you some info, trip and ideas on preparing to shop:

How to shop for a healthy diet <https://www.safefood.net/how-to/healthy-shopping>

Facts behind the headlines

<https://www.nutrition.org.uk/nutritioninthenews/headlines.html>

How to eat well on a budget <https://www.safefood.net/how-to/eat-well-budget>

Tips for cooking meat safely <https://www.safefood.net/food-safety/cooking-meat>

Session three of Food Values is The cost of convenience. Below are some useful links about the cost of convenience:

British Nutrition Foundation healthy eating out of

home <https://www.nutrition.org.uk/healthyliving/outofhome.html>

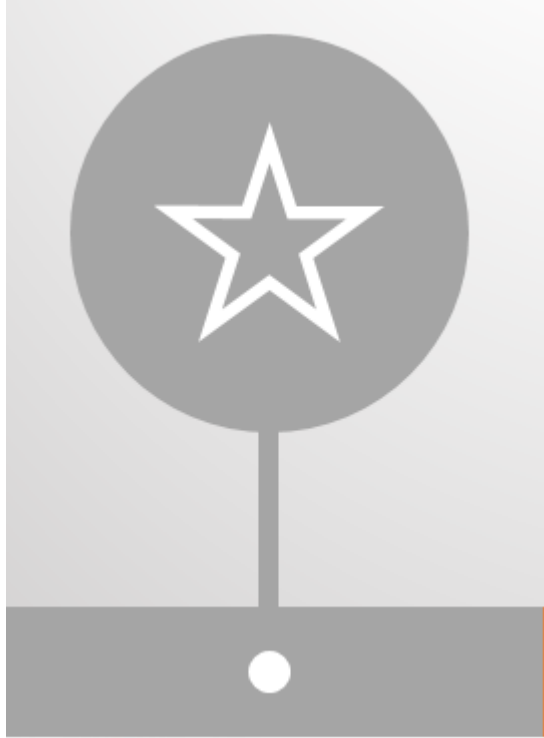
How to avoid wasting food <https://www.safefood.net/how-to/avoid-food-waste>

Balanced vegetarian diet <https://www.safefood.net/how-to/vegetarian-diet>



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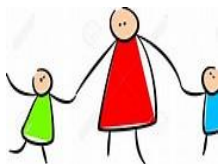
discipline laughter love decisions fun responsibility pain
adviceparenting
patience joystruggle choices exhaustion



Our 1st WhatsApp 3 minute recipe clip



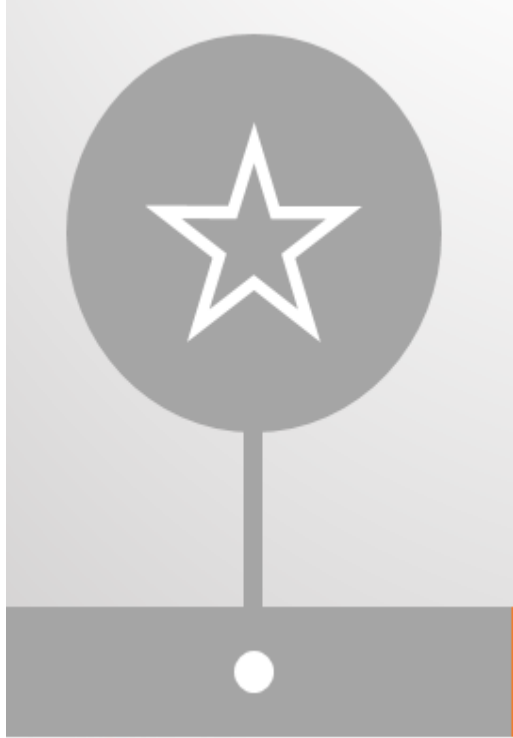
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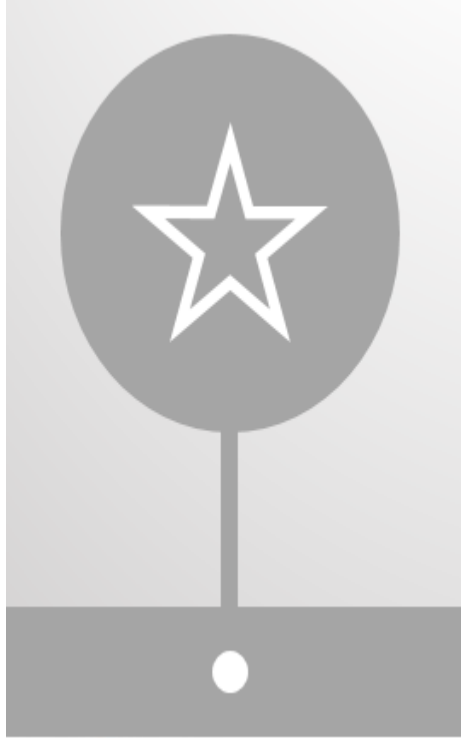
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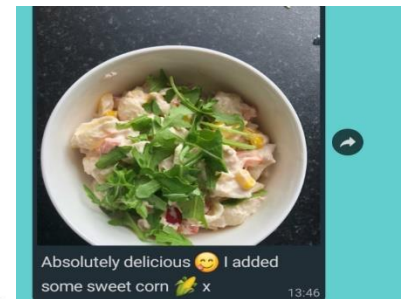
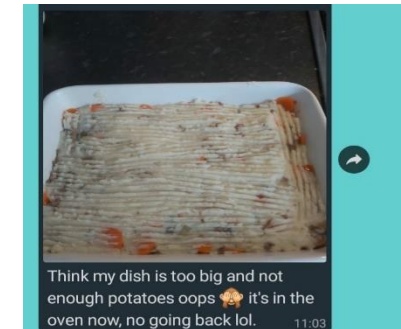
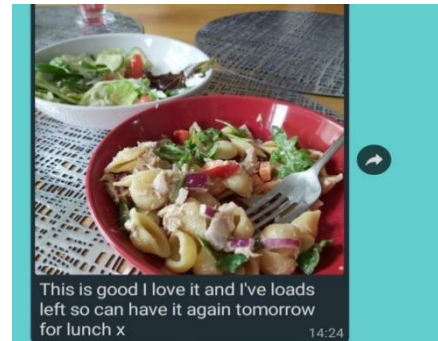
discipline laughter love decisions fun responsibility pain
adviceparenting
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'I thought this looks so bland, but it was really tasty & really impressed that the kids asked for more, it just shows you! It's cheap easy, handy & healthy, so if the kids liked it, it'll be made again, thanks'

'I never knew a stock cube could be so versatile!'



'Honestly I wasn't expecting that full ingredients would be provided. Was very surprised to receive a lovely book and products. First one is done and it was delicious.'

'I wish it lasted longer.'

Thanks for listening

