

Innisfree Housing Association
& Irish in Britain

HEALTHY EATING
for
Healthy
MEMORIES

Project Recipe Book



A Community Healthy Eating Project with Older Irish People in London

Irish
in Britain

Cuimhne
Irish Memory Loss Alliance

Innisfree

AN ROINN GNÓTHAÍ EACHTRACHA AGUS TRÁDÁLA
DEPARTMENT OF FOREIGN AFFAIRS AND TRADE

Welcome

- TO OUR COOK BOOK -



ACCOMPANYING THIS RECIPE BOOK, IS A SHORT FILM ABOUT OUR PROJECT. THANKS TO ALL OUR PARTICIPANTS WHO TOOK PART IN THE FILM AND TO EOLAN POWER FOR MAKING IT FOR US.

In the summer of 2014, Innisfree Housing Association and Irish in Britain worked in partnership to develop and deliver a Healthy Eating for Healthy Memories project with residents of Clochar Court Sheltered Housing Scheme and the wider Innisfree Community in North London.

Working together in partnership, Innisfree Housing Association and Irish in Britain developed and delivered a Healthy Eating for Healthy Memories project with residents of Clochar Court Sheltered Housing Scheme and the wider Innisfree Community in North London.

The project took place over 8 weeks and participants met each Wednesday to explore a range of foods and cooking techniques that encouraged a healthier approach to diet and lifestyle with an emphasis on food and nutrition that supports good brain health as we age. Throughout the project participants cooked meals together, met with a nutritionist, found out about getting active in their local community, celebrated Dementia Awareness Week and took a picnic to the Innisfree allotment.

Together the group tried everything from wheatgrass smoothies to Quinoa, with a scoop or two of Italian ice-cream thrown in along the way! Following our taste tests and explorations, we've developed 7 recipes that are nutritious, easy to follow, quick to make and have a 'superfood' or two that you might not have tried before! So give our simple recipes a go and begin your day with our Great Start Smoothie recipes or catch up with a friend over a delicious Oat and Nut Teacake!

We have also made a lovely short film about the project, which was narrated by our fantastic participants Betty and Ann.

Healthy Memories

Can something we eat really help our memory? There are thousands of reports that tell us one thing only for another one to tell us the opposite is true. It can be confusing and hard to know what foods are right for us as we age, but sticking to a few simple guidelines and making

healthy choices can have real results for our overall wellbeing and that can really benefit the health of our brains and our memory.

Being in good health generally, eating a balanced diet, getting regular aerobic exercise and being involved in a range of social activities are all things that make our brains happy and healthy as we grow older. In particular, our memory benefits from a diet low in saturated fats and high in brightly coloured fruits, dark green vegetables and complex carbohydrates-look out for wholegrain options when buying pasta, rice or bread-or even better make your own simple brown bread with added brain healthy ingredients-just follow our recipe!

It's never too late to start reaping the benefits of a brain-healthy diet. Simply adding in a few extra ingredients or making a few small changes to the choices you make at the supermarket can be a great start. All of the recipes in the book feature foods or ingredients that have been recommended for helping to keep our memory healthy as we age. Get started by trying one of our simple recipes or get creative and add one of the ingredients into your own favourite recipe!

Innisfree Housing Association

Innisfree are a housing association providing high quality affordable homes, proud of our Irish roots and our experience in working with migrant communities. Established in 1985 to meet the housing and support needs of the Irish communities in London we now own and manage over 550 homes predominately in the London Boroughs of Brent, Camden and Haringey.

Through our work, Innisfree strive to combat social exclusion and develop neighbourhood integration. We believe

that our efforts will assist not only our clients but also the many public bodies with whom we work.

innisfree.org.uk

Irish in Britain

Irish in Britain is the national representative and membership body for Irish communities in Britain. Established in 1973, the purpose of Irish in Britain is to share expertise, to represent, to campaign for and support the growth and well-being of the Irish community in Britain and the infrastructure around it. As a national body, Irish in Britain delivers work in a number of different areas including research, culture & health, policy & lobbying, parliamentary work, campaigning, and community development.

irishinbritain.org

Cuimhne Irish Memory Loss Alliance

Our Healthy Eating for Healthy Memories Project was a joint community project between two Irish organisations in Britain which championed the values of Irish in Britain's Cuimhne strategy. The strategy is a national campaign to address the needs of all Irish people living in Britain who experience all forms of memory loss, inclusive of age-related forgetfulness, dementia and Alzheimer's.

The Cuimhne initiative aims to work in partnership with a diverse range of individuals, organisations and businesses to enable them to develop or enhance their activities to include people with memory loss. Cuimhne (pronounced 'queevna') is the Irish word for memory.

For more information on the Cuimhne Irish Memory Loss Alliance or to see how you can support the alliance see irishinbritain.org/cuimhne

Great

- START SMOOTHIES -

Smoothies are a great way to start the day. They are really easy to make and full of fresh ingredients that provide lots of brain friendly vitamins and minerals, as well as fibre and probiotics.

Try creating your own smoothie by including your favourite fruits, swapping the milk for Greek yogurt for extra protein or adding in nuts and seeds for a burst of fibre. Our recipes are for one smoothie, and take just 15 minutes to make.

Top Tips

YOU DON'T NEED A SPECIAL SMOOTHIE MAKER, A REGULAR FOOD PROCESSOR OR HAND-HELD BLENDER WILL DO JUST AS WELL.

USING FROZEN BERRIES OR FRUIT MEANS YOU CAN SIMPLY TAKE WHAT YOU NEED AND USE IT STRAIGHT FROM THE FREEZER, SAVING THE REST FOR ANOTHER DAY.

Blueberry SUPER SMOOTHIE

Blueberries are considered a super brain healthy food, so will make a great addition to your morning meal.

50g Blueberries
120ml of Milk
1 Banana



Step 1: Add your blueberries, milk and a chopped banana into the mixer.

Step 2: Blend all the ingredients together and enjoy!

JIM'S ORANGE AND SPINACH Boost

Spinach is another great brain friendly food, and can give us a big energy boost in the morning. But it can be hard to know how to include it in your diet. Adding it to your morning smoothie means getting all the benefits in an easy and delicious way-you won't even taste it!

1 Whole Orange
A handful of dark green spinach
50ml of Water



Step 1: Squeeze your orange into the mixer, add the flesh if you like.

Step 2: Roughly chop the spinach and add to the orange.

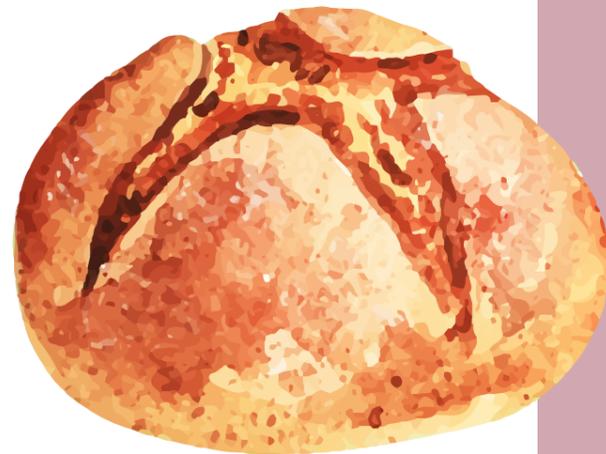
Step 3: Add the water, blend the ingredients together and enjoy!

Allotment - PICNIC -

As part of our project we took a visit to the Innisfree Allotment and heard about how easy it can be to grow our own fruit and vegetables to include in our daily diets.

We spent a sunny afternoon exploring the allotment and enjoyed a homemade picnic that had plenty of those brain healthy

ingredients. When making your picnic sandwiches and flask of tea, why not try making your own brown bread. Our group made a delicious brown bread that filled the kitchen with smells that reminded us all of our younger years.



Top Tip

CONTACT YOUR LOCAL COUNCIL TO FIND OUT ABOUT ALLOTMENTS OR 'GROW YOUR OWN' PROJECTS IN YOUR LOCAL AREA. JOINING A GARDEN PROJECT CAN BE A GREAT WAY TO SOCIALISE WITH OTHERS - AN EXTREMELY IMPORTANT BRAIN HEALTHY 'INGREDIENT' - THAT IS ESSENTIAL AS WE AGE!

Pint Glass Brown Bread

A simple and fail-safe brown bread, all you need is a pint glass to measure your ingredients.

Add some pumpkin, sunflower and chia seeds to your bread recipe for an added brain friendly boost-they are all readily available in any supermarket and add flavour and crunch too.

Our recipe makes 1 loaf and takes about 30 minutes to prepare.

*1 pint glass All-purpose flour or plain flour
1 pint glass Stone-ground whole wheat flour
Enough baking soda to coat the bottom of a pint glass (¾ teaspoon)*

Enough salt to coat the bottom of a pint glass (¾ teaspoon)

Enough butter to coat the bottom of a pint glass (1 tablespoon), cut into small pieces

¾ pint glass buttermilk

1 teaspoon of pumpkin seeds

1 teaspoon of sunflower seeds

1 teaspoon of chia seeds

Step 1: Preheat the oven to 190C/ 375F.

Step 2: Sprinkle a teaspoon of the all-purpose flour onto a baking sheet and set to the side.

Step 3: Put all the remaining all-purpose flour, whole wheat flour, baking soda, and salt into a large bowl and mix well with your hands to combine.

Step 4: Add the butter and mix it into flour mixture with your hands until it is completely combined.

Step 5: Make a well in the centre of your mixture and add the buttermilk.

Step 6: Slowly incorporate buttermilk into flour mixture with your hands until a rough ball forms, and all the ingredients are combined.

Step 7: Turn your mixture out onto a lightly floured surface and form into ball.

Step 8: Transfer dough to the centre of the baking sheet and shape into a round loaf.

Step 9: Using a sharp knife, make a cross shape across the entire top of the loaf.

Step 10: Sprinkle your seed mix across the top of the loaf and dust with a little bit of flour.

Step 11: Bake the loaf for about 60 minutes, or until bread is light golden and a tap on the bottom of the loaf sounds hollow.

Step 12: If you can wait, wrap your loaf in a clean kitchen towel, prop against a windowsill, and allow to cool for about 2 hours.

SOUP

Soup was probably something that was regularly part of your lunchtime or evening meal growing up, but with busy lives we don't often make it ourselves these days.

Try remembering just how wonderful a bowl of steaming hot homemade soup can be and take a couple of hours to prepare a big pot that will last for days. It is a cheap, enjoyable and most importantly, a really healthy way to fill up on important nutrients as we age.

Our recipe makes enough delicious soup for 2 people for 3 meals and will take about an hour or so to prepare and cook-well worth it!



Top Tip

THIS IS A GREAT SOUP TO FREEZE.

SEPARATE THE SOUP INTO SINGLE FREEZER BAG PORTIONS TO TAKE OUT AND USE ON BUSY DAYS.
USE LEFTOVER CHICKEN FROM A SUNDAY LUNCH FOR ADDED FLAVOUR AND AN EVEN CHEAPER SOUP.
THIS SOUP CAN BE KEPT IN THE FRIDGE FOR UP TO FIVE DAYS.

CHICKEN AND LENTIL Super Soup

Chicken is a great source of low fat protein which is essential for our energy levels as we get older.

Adding lentils will boost the protein in this meal, while also providing fibre to your diet. Parsnips are a great source of folic acid-which is a key brain healthy nutrient.

*1 tablespoon of olive oil
4 chicken breasts, cooked and chopped
25g of butter
2 onions, finely chopped
1 carrot, chopped into small chunks
1 parsnip, chopped into small chunks
2 teaspoons of garlic puree
2 sprigs thyme
2 x 410g tin cooked lentils in water, which you will need to drain and rinse well before adding
2 litres stock-vegetable or chicken
A little bit of salt and pepper*

Step 1: Cook the chicken breasts in a shallow pan on a medium heat until completely cooked through. Allow the chicken to cool slightly before slicing into bite-sized pieces.

Step 2: Heat a large saucepan over a medium heat and add the butter. Once melted, add the onion, carrot and parsnip and fry for 8-10 minutes, or until the onions are soft and translucent and the carrot and parsnips have softened.

Step 3: Add the garlic and thyme sprigs, and fry for two more minutes.

Step 4: Drain and rinse the lentils.

Step 5: Pour in the lentils and stir with the vegetables. Add the stock and roughly mash the lentils with a potato masher, then add the sliced chicken and bring to a simmer.

Step 6: Simmer gently over a medium low heat for 10 minutes or until the soup has thickened slightly. Add hot water if the mixture is becoming too thick.

Step 7: Remove the thyme sprigs, then season to taste with salt and pepper and serve hot.



Eggs



Eggs are one of life's real superfoods and including them regularly in our diet as we age is great way of gaining a whole range of brain friendly nutrition.

An omelette is a cheap and versatile way of including Vitamin B, Omega 3s and antioxidants in your diet, all essential as we age.

Top Tip

OUR OMELETTE RECIPE CAN BE EATEN FOR BREAKFAST, LUNCH OR DINNER!
ADD SOME SMOKED MACKEREL TO YOUR OMELETTE FOR A FILLING MEAL THAT IS TASTY AND FILLED WITH MEMORY FRIENDLY NUTRIENTS.



Anytime Omelette

Our anytime omelette serves one person and takes about 20 minutes to prepare and cook.

*3 Eggs
1 tablespoon of butter
1 Spring Onion, sliced
Handful of small tomatoes,
chopped in half
3 mushrooms, sliced
½ bell pepper sliced
A sprinkle of grated cheddar
cheese
A small pinch of salt and pepper*

Step 1: Gently beat the eggs together in a mixing bowl and season to taste, with a little pinch of salt and pepper.

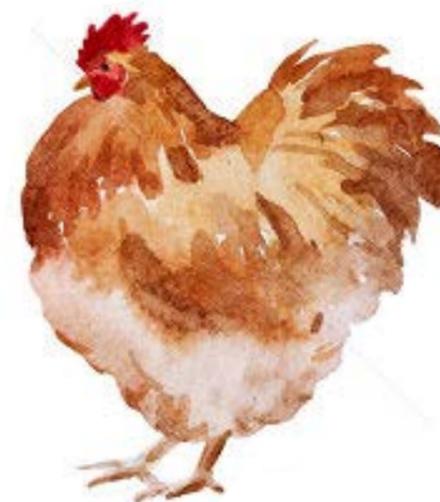
Step 2: Heat the butter in a frying pan until foaming. Add all the veggies and cook for 4-5 minutes or until slightly soft.

Step 3: Pour in the beaten eggs and cook until the omelette starts to set.

Step 4: Add the cheese and cook until it has melted.

Step 5: Increase the heat to high and cook the omelette for a further 30 seconds, or until it browns on the bottom.

Step 6: Fold the omelette in half, then remove from the pan and enjoy!



Something new FOR SUNDAY

Quinoa is a grain similar in size and texture to rice but has double the amount of protein and a whole range of vitamins and minerals that are beneficial to overall health, it is easy to make and a great addition to any meal - so why not give it a go!



Top Tip

IT'S HARD TO BELIEVE BUT TRYING NEW THINGS IS AS IMPORTANT TO OUR BRAIN HEALTH AS THE VITAMINS AND MINERALS WE GET FROM THE FOOD WE EAT. SO WHY NOT MAKE SUNDAYS A CHANCE TO TRY SOMETHING NEW EACH WEEK, WHETHER IT IS A NEW FRUIT, VEGETABLE OR GRAIN, OR EVEN A NEW ACTIVITY - GO ON, GIVE IT A GO - YOU MAY FIND A NEW FAVOURITE!

Quinoa Salmon & Broccoli - BOWL -

Our Salmon and Quinoa recipe serves 2 people and takes about 40 minutes to prepare and cook-leaving the rest of the afternoon free for a walk!

75g quinoa
Small pinch of salt
1 Spring Onion, thinly sliced
1 small head of broccoli, cut into bite size pieces
1 cup cherry tomatoes
3 cloves garlic, chopped
1 tablespoon olive oil
Small pinch of salt and black pepper
Two salmon fillets

Step 1: Preheat the oven to 190C and line an oven tray with tinfoil.

Step 2: Put the Quinoa in a sieve and rinse under cold water. Drain well and add to a saucepan.

Step 3: Add 100ml of water and a pinch salt to the quinoa and bring it to a boil.

Step 4: Cover the saucepan, reduce the heat to low and cook the quinoa for 15 minutes until it is tender and all water has evaporated.

Step 5: Remove the quinoa from the heat, cover it and let it sit for 5 minutes.

Step 6: Add the spring onion and mix together with a fork.

Step 7: Mix together the broccoli, tomatoes, garlic, oil, a pinch of salt and pepper, spread evenly on the oven tray.

Step 8: Cook the mix in the oven for 10 minutes.

Step 9: Sprinkle the salmon on both sides with salt and pepper.

Step 10: Remove the baking tray from the oven and add the salmon onto of the vegetables.

Step 11: Cook for 12-15 minutes, until the vegetables are tender and the salmon is cooked through.

Step 12: Dish out the quinoa into two bowls and add the salmon and vegetables and enjoy!



Oat and Nut - tea cakes -

The porridge oats make them just that little bit healthier and means you won't have to feel quite so guilty when one just isn't enough! Our recipe makes 24 oat cakes and takes about an hour to prepare and bake.

Ingredients

300ml boiling water
80g porridge oats
110g butter
175g dark brown soft sugar
150g caster sugar
2 eggs
1 teaspoon vanilla extract
1 teaspoon bicarbonate of soda
1/2 teaspoon salt
1 teaspoon ground cinnamon
200g plain flour
70g raisins, currants or sultanas

Step 1: Pour the boiling water over the oats and let stand for 20 minutes.

Step 2: Preheat oven to 180 C.

Step 3: Lightly grease one 23x33cm baking tin.

Step 4: Cream the margarine with the sugar until light.

Step 5: Beat in the eggs.

Step 6: Then add the oats and vanilla, mixing well.

Step 7: Combine the bicarbonate of soda, salt, cinnamon and flour. Mix until combined, then add the raisins.

Step 8: Add the oat mixture to the raisin and flour mixture and stir well to combine.

Step 9: Pour into the prepared tin.

Step 10: Bake at 180 C / Gas 4 for 25 minutes.



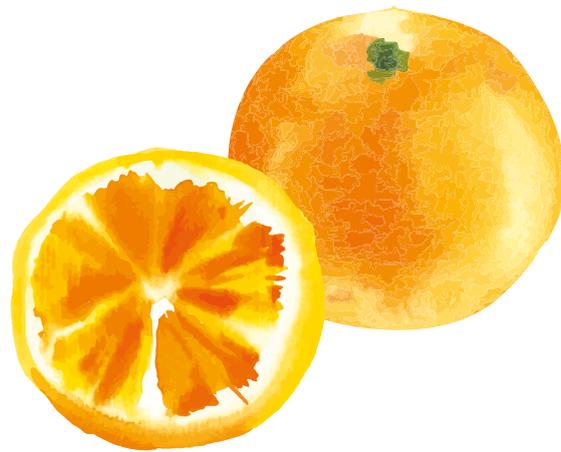
Tea Cakes and CONVERSATION

Having an occasional treat is an important part of our diet and we should all have something nice every now and then, these delicious tea cakes are lovely with a cup of tea and a chat with a friend.



Top Tip

GETTING TOGETHER WITH FRIENDS AND RELATIVES IS VITAL TO OUR HEALTH AS WE AGE, SO MEET UP WITH SOME FRIENDS AND MAKE THESE DELICIOUS OAT CAKES TOGETHER. WHY NOT TRY STARTING A SUPPER CLUB - MAKE AND ENJOY A SMALL MEAL TOGETHER WITH FRIENDS ONCE A MONTH - IT'S VERY COST EFFECTIVE AND COOKING AND SHARING FOOD IS A GREAT WAY TO CELEBRATE OUR FRIENDSHIPS AND IMPROVES OUR HEALTH AND WELLBEING JUST AS MUCH AS ALL THOSE SUPERFOODS!



Thank You

Thank you to all our healthy eating project participants who were full of enthusiasm for trying new things, as we got covered in flour, tried all sorts of odd green things and often made an almighty mess! Thanks also to the wider community in Clochar Court, who tried all our cooking and generally rated us rather highly!

Thanks to Katrina Heal from Brent Council and Nutritionist Aoife Burke. Extra special thanks to our project participants Ann and Betty, who so wonderfully lent their voices to our short project film-which you can find included with the recipe book. Hollywood here you come!

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