Cook Your Own Takeaway

Accessible Pictorial Cookbook

Background
The aim of the project was to produce an accessible nutritionally analysed takeaway cookbook to support the learning disability population and other vulnerable groups who have difficulties using mainstream cookery books. There are very few such resources available. A previous pictorial cookbook “My Own Cookbook” produced by NHS Fife Dietitians in 2005 was well received, so a similar format was utilised.

The food tastes of people with a learning disability are changing in line with the rest of the population with an increase in the availability of takeaways and convenience supermarket meals.

It is an ongoing challenge to reduce the health inequality gap experienced by people with a learning disability. It is well documented that there is a higher incidence of obesity within the learning disability population, with local and national data to support this.

The Keys to Life (2013) and the NHS Fife Health Improvement Strategy for Adults with a Learning Disability (2011) highlighted nutritional issues as a key theme affecting a large proportion of the learning disabled population. It was recognised that this was an area where services needed to be developed and improved.

Method/Outcome
A small grant from the Health and Inequality Fund was secured in 2013. This money was spent on production of the cookbook including 100 hard copies. The cookbook is now available electronically via The Keys to Life Website http://keystolife.info/resources. It has been promoted at various health improvement events throughout Scotland.

A variety of takeaway style recipes were adapted to make them healthier and nutritionally analysed. This included 13 main dishes and 8 side dishes. A group of service users were consulted as to what recipes to be included.

To ensure that no literacy skills are required to follow the recipes photographs were taken of the following:

Shopping list

You will need (Equipment/Ingredients)

Method (Each Step of the Recipe)

Conclusion
This resource has been very well received across a number of vulnerable groups. Its pictorial format allows people with literacy issues and very limited cooking skills to produce healthier takeaway style meals. Increasing access to healthy eating information in an accessible format helps individuals follow and understand the principals of healthy eating. Providing good quality resources for people with a learning disability and their carers is key to improving their nutritional health.

Sweet and Sour Pork with Noodles

You will need

Method

Shopping list

Noodles

Tomato ketchup

Corn

2 peppers (any colour)

2 pork loin steaks

1 tablespoon oil

Pineapple juice (from the tin)

1 teaspoon ginger

2 tablespoons light soy sauce

Gf instant sauce

The ketchup

Cook for 3 minutes

Drive pineapple juice from the tin and keep for later

Add to the frying pan

Cook for 3 minutes

Turn the hob onto medium heat

Put a pan of boiling water on the hob

Cut the baby corn into chunks and put in the bowl

Add the garlic and pork and cook until the pork is brown

Add the pineapple juice.

Add the ginger to the frying pan

Add the ketchup to the frying pan

Mix together and serve

Cook for 3 minutes

Drain pineapple juice from the tin and put in the bowl

Cut the baby corn into chunks and put in the bowl

Cut the spring onion into small pieces

Chop the ginger

Chop the garlic

Put a small pack baby corn in the bowl

Put a small pack pineapple chunks in the bowl

Turn the hob onto medium heat

Cook for 3 minutes