



BRISTOL
BITES BACK
BETTER

**COOK AND EAT FOR
BETTER HEALTH**

**IT'S TIME TO BUILD A RESILIENT
FUTURE THROUGH FOOD.
IT'S TIME FOR BRISTOL TO
#BITEBACKBETTER**

With more time being spent at home, many Bristolians are spending more time cooking – a welcome change for some, and less so for others!

But cooking can be a creative and rewarding activity for us all, as we learn how to make new dishes and rediscover old favourites. It's a great way to look after our own health and that of those around us, and it reduces our impact on the planet, too.

In this pack you can explore why cooking from scratch and eating good food is a fabulous thing for your health and you'll find a wealth of tips to make it easier and more enjoyable!

You'll find the odd QR Code linking you to a lovely video or an interesting article. You just need to point the camera on your smart phone at it and follow the link. If this doesn't work, you will need to download a QR reader from your app store.

Have you found anything in this pack useful? Please let us, and everyone else, know!

Don't forget to follow and use **#BiteBackBetter** hashtag.

Be part of change. Be part of Bristol Bites Back Better.



WHY

For you and your family

Cooking meals from scratch at home is the best way to keep track of what goes into the food we eat, giving us better control of our own health and the health of those we love. Cooking our own meals, even with just a few simple ingredients, is something we can do to begin to tackle the rise of obesity in children and adults, and other diet-related illnesses like diabetes. There's never been a better time for a cooking revolution ...

Teaching children and young people basic cooking skills from an early age is a great way to ensure they'll be able to look after their own health in the future. Involving children in cooking is also a great way to get them to try new things. Cooking together is a wonderful way to pass on culture and recipes to the next generation and can be a lot of fun too!

For our city

A healthy city is a happier city! It sounds surprising, but choosing to cook from scratch at home really can impact the whole city – helping to reduce diet-related illness, resulting better health, emptier hospitals and more public money available for improving the city we share. What's more, safely cooking together and sharing food is a powerful way to build strong happy community, and a great opportunity to learn about other cultures and new cuisines.

For our planet

A healthy diet, with food cooked from scratch, is almost always a more environmentally friendly diet. Firstly, it cuts out lots of packaging typically found in ready meals and takeaways. Home cooking also cuts out large parts of the production process, meaning your food will have a lower carbon footprint.

Choosing local, seasonal veg will have a lower carbon footprint too. Healthier diets typically mean less meat and dairy, and as our high levels of meat consumption are one of the biggest impacts of our diet on the planet, this is an easy way to a greener diet.

Follow these QR Codes to watch Claudia from Bristol's Coexist Community Kitchen talking about her love of cooking from scratch and the second to watch a short film from the NHS's Better Health campaign.



HOW

There's so much advice out there about how to cook and eat healthily, it can be overwhelming.

What is 'healthy'?

The best, simplest route to take is to eat lots of fruit, vegetables, pulses (like lentils and chickpeas) nuts and seeds, in lots of different colours and shapes, in a natural a form as possible.

Try to eat less meat, and avoid processed meat like ham, sausages, meat in ready meals etc. Why not have a meat-free day every week, or a meat-free meal every day. Choose wholegrain carbohydrates, like brown rice, wholemeal bread, beans and pulses. Try and eat that's low in added fat and sugar. Lots of ready prepared produces use the food traffic light system, explained on the [NHS's Change for Life website](#).

Try to choose food that is as natural as possible and not mixed with too many fats, sugars and e-numbers. Looking for foods made of just a few recognisable ingredients can be a good sign that they're not overly-processed.



Learn new recipes

There are lots of great places to find healthy recipes and video demonstrations online. Two amazing Bristol organisations have created cook-along videos are:

[Square Food Foundation on YouTube](#) –

from fishcakes to flapjack and everything in between, Square Food's short, simple recipes are easy to follow and focus on everyday ingredients.

[The Children's Kitchen Bristol](#) from Feeding Bristol has some delicious recipes available in 16 languages, all of which are spoken in Bristol.

[Food Savvy](#) is a hub for delicious, affordable, healthy and climate-friendly recipes, with lots of information on how to save money, store food so it lasts longer, make the most of leftovers and more (www.foodsavvy.org.uk)

[The British Heart Foundation](#) have a recipe finder with filters for dietary and cultural needs, cooking time, health conditions and more. Follow this QR Code to have a try.



Food with Chetna is the YouTube channel of Chetna Makan of Great British Bake Off fame. It has lots of great short videos demonstrating simple recipes that use everyday ingredients.

BBC Good Food Together is a popular Facebook group you can join to ask for ideas for ingredients and find inspiration from the community of cooks – from complete beginning to experts. Expect a LOT of suggestions!

NHS Easy Meals app, available from your app store, is a good resource for healthy, nutritious, simple recipes.

Migrateful takes you on a cultural journey, with cookery demonstrations and courses taught by expert migrant and refugee cooks from all over the world (www.migrateful.org)

Ideas to try

Why not try a new recipe every week?

By trying something new every week, you can quickly build up a catalogue of favourite go-to recipes, making cooking easier and more enjoyable. Use our planner in the activities section to help you organise your meals and keep on track.

Or, why not download the brilliant **Whisk app** for meal and shopping list planning and recipe saving.

Eat seasonal and local food at home

This invariably means your food will be fresher and more nutritious, as it's had less far to travel. You'll find a guide to seasonal eating in the Activities section of this pack.

And of course, it doesn't get much fresher than **home-grown**.

Eat healthy food out

We all need time off from cooking at home. Keep healthy when you're out and about too by choosing a restaurant that has a Bristol Eating Better award. This award supports and rewards businesses that offer healthier food options and promote sustainability. Find out more and see **which businesses** have received the award by searching 'Bristol eating better award' on the internet.

Want to learn to love cooking more?

Cooking isn't a joy for everyone, and if that sounds like you, we've got a few simple ideas that might just make it that little bit more enjoyable.

Get a good chef's knife – chopping veg with a blunt knife is a chore. A sharp knife makes it a pleasure, and it's much safer too. You can get a good knife for around £10 from a supermarket, kitchen shop or discount homeware stores.

Notice the colours, patterns, aromas and even sounds as you prepare food. Food is full of surprises. Pay attention to the sensory treats hiding in that cabbage.

Taste your recipes as you cook and see balancing the flavours and textures of a dish as a game every time you make a meal. Try to balance the tastes of sweet, sour, salty, umami and bitter. A variety of textures makes a meal more interesting, too. How can you introduce some fresh crunch, or something smooth and silky?



This is an article from the BBC Good Food website

HOW TO EAT MORE FRUIT AND VEG

By Kerry Torrens – Nutritionist

If you're trying to increase your fruit and vegetable intake to five, seven or even 10 portions a day, try our easy and delicious tips and recipe suggestions.

Despite ever-changing advice on what's best for us, all experts agree that a diet rich in fruits and vegetables is healthiest. Fresh, frozen and even canned all count, and may reduce the risk of [heart disease](#), [diabetes](#) and some forms of cancer, plus help fight the signs of ageing.

A [recent study](#) by University College London reported increasing health benefits for people who ate up to seven or more portions of fruits and vegetables a day, with vegetables and salad proving more beneficial than fruit. Studies such as this continue to stress the value of plant-based foods in our diets, reminding us not only of the importance of fibre, but also colour. Many of the beneficial compounds in plants are linked to their colour pigments, so it's important to eat a wide variety to get all the nutrients your body needs.

Although the recent study reported vegetables, salad, fresh and dried fruit were best, the following also count:

- Fruit and veg cooked in stews and soups, plus frozen, canned and dried fruit and veg.
- We are advised to keep an eye on the amount of fruit juice and smoothies we consume. Limit your consumption of fruit or vegetable juices and smoothies to a combined total of 150ml a day (one portion). Crushing fruit into juice releases the sugars contained in the fruit, which can cause damage to teeth. Even unsweetened fruit juice and smoothies are sugary, so limit these to a combined total of 150ml a day and enjoy as part of a meal to minimise the effects on your teeth.
- Potatoes don't count because we tend to use them as a starch in place of bread, pasta or rice. However, they are still a source of fibre, B vitamins and potassium. Sweet potatoes do count because they are often eaten in addition to the starchy food in a meal.
- A smoothie containing 80g each (including the pulp) of two different fruit or veg counts as a maximum of two.

Top tips to help you eat more fruits and vegetables

1. Start with breakfast

If you're aiming to pack more portions into your day, it's worth starting as you mean to go on. Dried and fresh fruit can be added to porridge bowls or cereals, or you can include grilled tomatoes, mushrooms or beans in savoury breakfasts.

Breakfast recipes:

- [Sweetcorn fritters with eggs & black bean salsa](#)
- [Crunchy oat clusters with peach & yogurt](#)
- [Healthy full English](#)
- [Healthy shakshuka](#)
- [Avocado & black bean eggs](#)
- [Clementine & vanilla porridge with citrus salsa](#)

2. Include fruit and veg in snacks

Snacks are a great way to work in an extra portion of fruits and vegetables in between meals. Each of the following suggestions provides one portion:

- Veggie dippers (80g): try a mix of peppers, baby sweetcorn, cucumber batons and radishes
- One glass (150ml) of unsweetened 100% veg juice: when possible, make it fresh and include the natural pulp for fibre
- A small bowl of mixed salad: try a crisp slaw with a homemade oil-based dressing
- Lettuce wraps: use Little Gem leaves and fill with three tablespoons of spicy Mexican bean salsa
- Half an avocado scooped straight from its skin with a teaspoon: avocados – which are actually a fruit – have a high protein content, so they help to keep you fuller for longer

- A cupped handful (30g) of dried fruit, such as apricots, sultanas or goji berries
- One medium piece of fruit

3. Eat the rainbow

As well as being rich in essential vitamins, fruits and vegetables are packed with plant compounds, important for maintaining health and wellbeing. These compounds are found across the colour spectrum, but certain colours are especially rich in powerful protectors.

Red fruits and vegetables supply lycopene, which protects the skin from sun damage and may help against certain cancers.

- tomatoes
- pink grapefruit
- watermelon
- red peppers

Orange fruits and vegetables are packed with beta-carotene, which the body converts to vitamin A for healthy skin.

- squash
- sweet potatoes
- carrots
- mango
- papaya
- nectarines
- apricots
- peaches

Yellow fruits and vegetables supply the carotenoids – lutein and zeaxanthin – that protect the eyes from damage and help to reduce the risk of developing cataracts.

- sweetcorn
- yellow peppers
- yellow courgettes

Green fruits and vegetables are rich in energising chlorophyll.

- spinach
- watercress
- rocket
- broccoli
- kale
- asparagus
- cucumbers
- avocado
- kiwi fruits
- green grapes

Purple fruits and vegetables are a good source of protective anthocyanins, which are great anti-agers.

- aubergines
- red cabbage
- blueberries
- red grapes
- blackcurrants
- plums

4. Pack a healthy lunch

Planning ahead and making your own packed lunches can save time and money, and it's usually more nutritious and tempting than a shop-bought sandwich. Salads offer plenty of opportunities to add extra vegetables, while soups can be great vehicles for beans and pulses.

Tasty packed lunch ideas:

- [Lentil soup](#)
- [Chipotle gazpacho](#)
- [Minty griddled chicken & peach salad](#)
- [Wholemeal wraps with minty pea hummus & beetroot](#)
- [Baked falafel & cauliflower tabbouleh with avocado, pea & feta smash](#)
- [Curried mango & chickpea pot](#)

5. Plan produce-packed dinners

With a bit of forward planning, you can ensure your dinners are full of nutritious fruits and vegetables. Try setting some time aside at the weekend to choose some recipes, then write a shopping list so you know exactly what you'll need and when. Check the use-by dates on fresh produce or opt for canned or frozen foods for later on in the week.

Delicious dinner options:

- [Quinoa chilli with avocado & coriander](#)
- [Slow cooker ratatouille](#)
- [BBQ chicken drummers with green goddess salad](#)
- [Miso noodles with fried eggs](#)
- [Caponata bake](#)
- [Spanish pork with beans](#)



ACTIVITIES

There are recipes for pretty much everything on the internet, so choose nutritious ingredients that you enjoy, and you'll be able to find a recipe that suits your tastebuds. It's also interesting to ask family, friends and neighbours what their favourite recipes are, to get the most out everything you cook.

We've put together a few useful tools to help you on your way.

Here you'll find:

- **Seasonal Eating** – what's in season when in the UK
- Eatwell guide – from Public Health England
- **Planning meals** – a guide to help you through the week
- **Nutrients in different foods** – see which foods different nutrients are found in

If you want to reprint one of these pages you can find them all at

www.bristolbitesbackbetter.co.uk





SEASONAL EATING

One of the most powerful things you can do for your health and to reduce the impacts of your food choices on the planet is to eat seasonally. Your food will invariably be fresher and more full of nutrients, be supporting local producers, have travelled less far and have a lower carbon footprint.

Made a top-notch seasonal dish? Share it to inspire! **#BITEBACKBETTER**

January

BEST FOR: Clams, Kale & Carrots

ALSO IN SEASON

Cauliflower	Clementines	Savoy Cabbage	Artichokes	Brussels Sprouts
Leeks	Clams	Horseradish	Parsnips	Jerusalem Artichokes
		Blood Orange	Swede	Salsify
		Seville Oranges	Truffle	Salsuina
		Cockles	Venison	Wild Duck
		Mussels	Winkles	



February

BEST FOR: Leeks & Savoy Cabbage

ALSO IN SEASON

Cauliflower	Cockles	Venison	Winkles
Carrots	Clams	Kale	Spring Greens
		Blood Orange	
		Brussels Sprouts	
		Oysters	



March

BEST FOR: Sardines & Spring greens

ALSO IN SEASON

Clams	Cauliflower	Savoy Cabbage
Leek	Kale	Venison
		Purple Sprouting
		Spring Onions



April

BEST FOR: Lamb & Cauliflower

ALSO IN SEASON

Crab	Wild Garlic	Sardines
Rocket	Oyster	Spring Onion
		Cucumber
		Kale
		Spring Greens



May

BEST FOR: Rhubarb & Asparagus

ALSO IN SEASON

Spinach	Gooseberry	Cauliflower
Sampshire	Radish	Elderflower
	Chicory	Nectarine
	Crab	Cucumber
	Mussels	New Potatoes



June

BEST FOR: Peas, Broad Beans & Strawberries

ALSO IN SEASON

French Beans	Mango/tout	Spring Onion
Chicory	Courgette	Tomato
Crab	Asparagus	Watercress
Mackerel	Spinach	Lamb
	Carrots	Cucumber
	Radish	Rhubarb
	Rocket	



June

BEST FOR:
Peas, Broad Beans & Strawberries

ALSO IN SEASON
French Beans
Cherry
Crab
Mackerel

Mangost
Courgette
Asparagus
Spinach
Carrots
Rutabaga
Rocket

Spring Doves
Tomato
Watercress
Lamb
Cucumber
Rhubarb



July

BEST FOR:
Cucumbers, Lettuce & Cherries

ALSO IN SEASON
Apricot
Aubergine
Blackcurrant
Beetroot
Celery
Spinach

Rhubarb
Raspberries
Runner Beans
Carrots
Peas
Fennel
Courgette

Globe Artichoke
Kohlrabi
Iceberg Lettuce
Peach
Strawberries
Bramley Apples
Blueberries

Cauliflower
Savoy Cabbage
Runner Beans
Sea Bass
Swiss Chard
Cos Lettuce



August

BEST FOR:
Cos Lettuce, Raspberries & Plums

ALSO IN SEASON
Blueberries
Celery

Cauliflower
Marrow
Strawberries
Apples
Sweetcorn
Spinach
Cucumber

Red Cabbage
Runner Beans
Broad Beans
Savoy cabbage
Spring greens
Carrots
Cherries

Courgette
Iceberg Lettuce
Peas
Bramley Apples



September

BEST FOR:
Courgettes, Blackberries & Runner beans

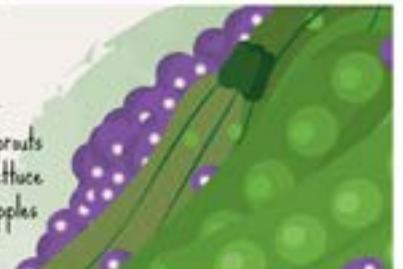
ALSO IN SEASON
Red Cabbage
Damonsons
Fig
White Cabbage
Marrow
Partridge

Pear
Blueberries
Squash
Sweetcorn
Grouse
Lamb
Mackerel

Scallop
Rocket
Sea Bass
Swiss Chard
Wild Duck
Venison
Savoy Cabbage

Kale
Spinach
Cos Lettuce
Leeks
Carrots
Plums
Pumpkin

Peas
Cucumber
Cauliflower
Brussels Sprouts
Iceberg Lettuce
Bramley Apples
Celery



October

BEST FOR:
Sweetcorn & Apples

ALSO IN SEASON
White Cabbage
Celeriac
Mussels
Pheasant
Salsify

Wild Mushroom
Aubergine
Kale
Red Cabbage
Squash
Savoy Lettuce
Spring greens

Marrow
Carrots
Blackberries
Leeks
Sloe Berries
Runner Beans
Brussels Sprouts

Pumpkin
Fennel
Wild Mushrooms
Winkles
Globe Artichoke
Grey Mullet
Damonsons

Lamb
Oyster
Pear
Swede
Potatoes
Celery



November

BEST FOR:
Potatoes and Red Cabbage

ALSO IN SEASON
White Cabbage
Chestnuts

Clams
Cranberries
Horseradish
Parsnips
Spring Greens
Kale
Quince

Apples
Carrots
Oyster
Leeks
Cauliflower
Pheasant
Partridge

Sea Bass
Wild Duck
Mussels
Venison
Brussels Sprouts
Jerusalem Artichoke
Savoy Cabbage



December

BEST FOR:
Turkey, Brussels Sprouts & White Cabbage

ALSO IN SEASON
Apple
Goose

Spring Greens
Clams
Horseradish
Oyster
Parsnips
Potatoes
Celeriac

Kale
Pheasant
Salsify
Swede
Mussels
Carrots
Cauliflower

Jerusalem Artichoke
Savoy Cabbage



It's time to build a resilient future through food.
www.bristolbitesbackbetter.com

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Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (100g) contains

Energy	Protein	Fat	Saturated fat	Salt
123kcal	3.0g	LOW	4%	12%
LOW	LOW	LOW	7%	36%
LOW	LOW	LOW	36%	15%

as an average reference value

Typical values for solid fats, oils and sugars

Choose foods lower in fat, salt and sugars



Eat less often and in small amounts



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal

2500kcal = ALL FOOD + ALL DRINKS



Made a knockout nutritious dish?
Share it to inspire!

#BITEBACKBETTER



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NEXT LEVEL

You don't have to be a gourmet chef to share your cooking and healthy eating know-how with your community. Read on to find out how you can put your skills to use where it matters most.

Volunteer to cook for your community

Search on [Can Do Bristol \(candobristol.co.uk\)](http://candobristol.co.uk), check out [FoodCycle \(volunteer.foodcycle.org.uk\)](http://foodcycle.org.uk) or simply type 'volunteer to cook in Bristol' into your search engine to find opportunities near you.

You can even become a community Veg Advocate with The Food Foundation and help turn more people on to a veg-filled life (foodfoundation.org.uk/veg-advocates)

Between 10 and 18? Feel passionate about making sure all children and young people have equal access to healthy food every day? Become a [Young Food Ambassador](#) with The Food Foundation and take a leading role in making our future greener and healthier. Email zoe.mcintyre@foodfoundation.org.uk to apply.

Take an online course on nutrition

The Open University run short and often free courses relating to diet and food, such as their eight-week course, [The science of nutrition and healthy eating](#).

The College of Naturopathic Medicine have centres in London, Bristol and beyond (though everything is currently online), and run short courses as well as longer 3-5 year

diplomas and post grad courses, with a [focus on health and nutrition](#).

Support foodie organisations.

Support an environmental organisation like [Sustain](#) or join a charity like [The Soil Association](#) that is working to make our country healthier. Follow groups like [The Food Foundation](#) on social media to keep up to date with campaigns and change.

Ready to do more?

Bristol Bites Back Better is a campaign from Bristol Going for Gold – an initiative to see our city realise its ambition to become one of the first Gold Sustainable Food Cities in the UK by Spring 2021.

We want you to join the conversation and be part of shaping food in Bristol for years to come.

Head to www.bristolbitesbackbetter.co.uk or follow the QR Code below.



**TOGETHER WE CAN
#BITEBACKBETTER**