



**Ageing**

**Healthy**

JUST COOK Healthy Ageing Programme Outline

The Just Cook Healthy Ageing Programme is a 4-week programme for people over the age of 67 who want to be inspired to cook healthy, simple meals for 1 or 2 people. The programme focuses on building cooking skills and motivation to cook.

The 3 hour class includes

* nutrition education
* cooking and sharing a meal together
* socialisation

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| **Week** | **Topic** | **Cooking** |
| 1 | Eat Well Age Well   * Food Myths associated with Ageing * Changes associated with ageing * Food and Nutrition Guidelines for older people. Four main food groups * Sustainable food practices * Ready Steady Cook, Cookery terms | Tuna & Vegetable Frittata **(demonstration)**  Savoury Muffin Quiches with Seasonal Salad |
| 2 | **Planning Delicious Healthy Meals**   * What should a healthy meal plate look like? * Portion Size guide * Healthy ingredient swaps | Chilli Con Carne with Mexican Salsa Salad and Rice  Chicken stir fry with basmati rice **(demonstration)** |
| 3 | **Smart Shopping, clever cooking**   * Tips to stretch your food budget * Making meat go further * Sprucing up the staples * Meal planning * Food storage | Thai Kumara & Pumpkin Lentil Soup with Croutons/toasted Pita Bread **( demonstration)**  Potato Topped Tuna mini pies with frozen steamed beans |
| 4 | **Making sense of food labels; increasing your motivation to cook**   * What to look for on food labels * Tools to guide healthy food choices * Tips for increasing motivation to cook | Mushroom, Tomato and Cheese Omelet  Fruit Crumble, yogurt/ custard |