

Mother Hubbard – Clean out your cupboard!

TOWARDS the end of last month food companies were ordered to remove certain products from their shelves with fear that they might be contaminated with a cancer causing dye. Leading food analysts were also saying this is a "wake up call" to the Government to carry out more testing on food products. So, whilst we await the experts to collect and complete their evidence and inform us of their findings what can we do as Mothers who have a responsibility to protect ourselves and our loved ones?

As for me, I couldn't remember when I last cleaned out the larder and, as Spring was around the corner, this seemed the perfect time to give the shelves a good going over and to remove anything that was past its "consume by date" plus remove anything that might look vaguely suspicious!

Whilst some of us have the luxury of being at home to create healthy eating, time consuming gourmet meals, many don't! Admiration has to go out to all those working mothers who spend eight hours a day at work then quickly have to turn themselves into "Super Cooks" by the time they reach their front door. With these daily pressures upon them it is quite understandable why so many busy Mums are tempted to pop into the supermarket on the way home for "Ready Prepared Meals" or a "Take Away"!

Healthy Eating need not be expensive, time consuming or boring. All that is needed is a little imagination, maybe a new cook book and a plan of action!

• PLAN OUT AND BUDGET ALL MEALS FOR THE WEEK

Inform the family of your new plan. Ask them to participate in the decision

everything you will need for the week, and keep the list to refer back to.

• KITCHEN EQUIPMENT

Invest in any new kitchen equipment that might save you time. Microwaves, slow cookers and electric "no fat" machines all have their place in the kitchen!

• COOKING METHODS

Casseroles are wholesome, convenient and relatively inexpensive to make. Animal protein is not always necessary or try an interesting mix of vegetables or pulses. Stir Fries are quick, colourful and delicious with noodles. Fish dishes take only minutes to cook. Flash fry using just a few drops of a good quality oil or bake using a little milk and fresh herbs, which you could grow in the garden! Garlic and the odd drop of wine are always excellent ways of adding taste.

• SOUPS

Home made soup is healthier. It's easy to prepare and cheaper compared with the "Ready Made" varieties. Why not make your own vegetable "stock" and freeze into ice cubes for convenience.

• DESSERTS

Try baked fruit - for example plums, nectarines or peaches. Sprinkle with brown sugar and any left over wine. Serve with Crème Fresh or Yogurt - delicious! Crumbles are a family favourite. For the topping use oats, nuts and brown sugar, this can be made in advance and frozen!

Phillipa Leon is a qualified Weight Loss & Fitness advisor and runs her own Consultancy Clinic, Cameo Lifestyle. She is available to answer any questions that you may have on the subject mentioned through email at:

Ask them to participate in the decision making. Make a shopping list of

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