



Western Health
and Social Care Trust



Community Food
& Nutrition Team



Public Health
Agency

Project supported by the PHA

WARMERS WINTER



Follow these tips to keep you and your family warm and well at home this winter.



Drinks

Take plenty of hot drinks – like tea, coffee, hot chocolate, herbal teas and milky drinks e.g. Ovaltine or spiced warm milk with honey.

Keep alcohol to a minimum - despite making you feel warm, alcohol actually lowers your body temperature. It's safest not to drink more than 14 units a week. For more information visit

www.drinkaware.co.uk.

Food

Eat regular meals - this will keep your body fuelled with energy and feeling warm.

Have warming foods – like porridge, soups, stews or casseroles. Have a hot meal at least once a day. See overleaf for recipe ideas.

Use the microwave - it's a quick and easy way of reheating meals and warming up drinks.

Allow foods and drinks to stand for 1-2 minutes after microwaving to finish cooking.

It's a good idea to keep your store cupboard stocked up with essential items like pasta, canned vegetables, lentils, tinned fish, tinned rice pudding and custard. This means you can make meals and snacks without needing to go shopping if the weather is particularly cold or wintery. See our 'Store Cupboard Staples' Nutrition Factsheet for more information.

Keep Active

Even light exercise like walking will help keep you warm. Avoid sitting for long periods and try to move around at least once an hour.

Clothing

Wear warm clothing – cotton, wool or fleecy fabrics are warmest. Dress in layers and wear warm socks and slippers to keep your feet cosy.

When Boiling the Kettle, why not:

Fill up a flask with the boiling water to use throughout the day. This can save time, energy and electric.

Fill a hot water bottle to keep you warm. This is particularly useful if you are not very active.

tsp = teaspoon
tbsp = tablespoon

Roasted Tomato Soup

Serves 2

680g cherry tomatoes - whole
1 large potato - peeled and diced
3 garlic cloves - peeled and crushed (or ¾ tsp garlic granules)
3 tbsp tomato purée
1 small red onion - diced
1 red pepper - deseeded and diced
450ml vegetable stock
1-2 tbsp vegetable oil
Ground black pepper

Method

1. Heat oven to 200°C / 180°C fan / Gas mark 6.
2. Place tomatoes, chopped red onion, red pepper and garlic cloves on a baking tray.
3. Drizzle with 1 tbsp of oil and season with black pepper.
4. Roast in the oven for 25 minutes until tomatoes are soft and charred on top.
5. In a saucepan, heat 1 tbsp of oil over medium-high heat, add diced potato and cook until potato is crisp.
6. Stir in tomato puree, pour in vegetable stock, cover and bring to the boil.
7. Reduce heat to low and simmer until the potato is soft (about 15 minutes).
8. Add the roasted tomatoes, red onion, red pepper and garlic.
9. Blend the soup until smooth with a hand blender.

Easy Baked Oats

Serves 2

2 small bananas, halved lengthways
150ml milk of your choice
100g porridge oats
300ml water
½ tsp cinnamon
4 walnuts (or any nuts of your choice), roughly chopped

Method

1. Heat oven to 190°C / 170°C fan / Gas mark 5.
2. Mash up one banana half, mix with the oats, cinnamon, milk and 300ml water.
3. Pour into a baking dish, top with remaining banana halves and scatter over the walnuts.
4. Bake for 20-25 minutes until the oats are creamy and have absorbed most of the liquid.

There's lots of different toppings you could try:

Fresh or frozen raspberries and peanut butter

Banana, blueberry and mixed seeds

Apple & cinnamon

Great for
breakfast or a
warming snack!

Or why not try using a slow cooker?

A slow cooker is cheap to run and makes the most of your ingredients. It only takes a few minutes to prepare a dish then it can be left unattended to cook, making it a great way to prepare warming meals requiring very little effort. It can be used to make both dinners and desserts!

Rice Pudding

100g pudding rice

25g low-fat spread

25g sugar or honey

800ml semi-skimmed milk

Method

1. Preheat the slow cooker on high
2. Grease the slow cooker with the low-fat spread
3. Add the other ingredients and stir
4. Leave to cook for 2-3hrs, checking every hour
5. Add your favourite spices, fruit or flavourings

You could try adding: cinnamon, mixed spice, dried, stewed or tinned fruit, jam or nut butters