



Grandmother's Hands

An Intergenerational Cookbook



Background to the Competition



The idea for Grandmother's Hands came from a project called Driving Healthy Futures. We delivered healthy eating roadshows across the UK and asked people what made it difficult to have a healthy diet.

We worked with over 1,000 children and young people and 51 partners across the UK.



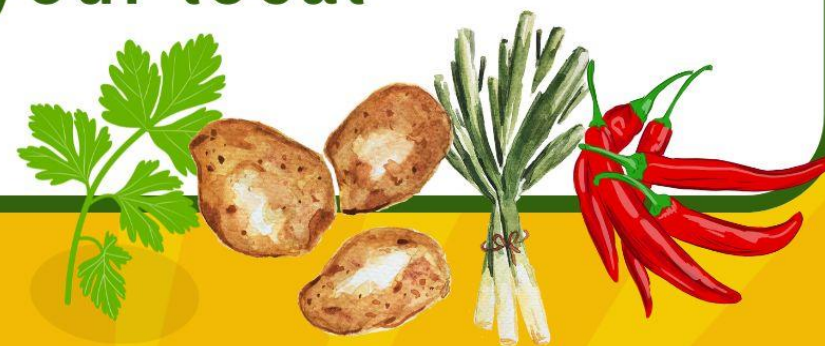


GRANDMOTHER'S HANDS COMPETITION

What is your food story?

We are looking for:

- Healthy family recipes
- Using seasonal ingredients that celebrate your local food heroes



WIN!

- Feature in a cookbook and on a website
- Chance to meet a celebrity chef!



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We believe that food is an important part of who you are. We want to celebrate this by sharing your food stories in a published cookbook.

The criteria for the competition is:

- Recipes that have meaning to you and your family
- Recipes that celebrate your heritage and the region you live in
- Healthy ingredients
- Recipes that include food which is grown in your local area at different times of the year (spring, summer, autumn and winter)

Competition submissions can include written recipes, drawings or a short video.

We will choose 30 recipes to feature in the cookbook. The top 10 recipes will also be filmed between the 31st of October and the 1st of November, featuring the winners and a celebrity chef. The recording will go on a website.

What do I do now?

All you need to do is speak with family and carers about recipes that are important to you and share your top recipe in the competition. Barnardo's SEEN will collect these from you to be presented to a panel where they will select the winners!

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Message from our celebrity chef, Suzie Lee!

Embed short video of Suzie Lee talking about food stories and food identities





Being grandma's hands

By Frank Bolaji Irawo

Brings me back to those moments

Enjoying the sweet aroma

In the loving company of family

Not a care in the world as we

Gathered round the table to eat

Grandma cooked food to enrich the soul

Recipes etched in her being, it was

An honour to experience her hands

Never missing a thing as it poured in

Delicate measures of culture and legacy

Mixing in wisdom, seasoned with love

A wonderful delicacy, nourishing our being

Saturday soup, Sunday roast or Special Jollof rice

Handed down from many generations

As memories falter and hands begin to tremble

Now imagine life with the loss of this human touch

Decide to be the hand that capture all this down

So these memories don't drown





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Irish Stew 10-10-66

1/4 lb stewing steak	1 onion	1 chopping board
2 potatoes	piece carrot	1 cook's knife
salt, pepper,	1/4 pt water or stock	1 veg knife
		2 enamel plates

Method

1. Collect equipment and ingredients.
2. Prepare vegetables and cut into thin slices.
3. Prepare meat by wiping with a damp cloth, then cutting into small pieces about 1" square.
4. Arrange alternate layers of meat and vegetables in a stewpan, sprinkling each layer with salt and pepper.
5. Add water and bring slowly to the boil.
6. Reduce heat and simmer gently for 1 hour.
7. Serve very hot on an oval serving dish or in a special "oven to table" casserole dish.
8. Garnish with parsley.

Definition of Stewing:
Stewing is a long, slow method of cooking, in a vessel with a tightly

fitting lid, using a very little liquid.

Rules for Stewing.

1. Use a strong, heavy vessel with a tight lid.
2. Do not use too much liquid.
3. Season well.
4. Never allow a stew to boil, it must only "simmer". "A stew boiled is a stew spoiled".
5. Suitable Meats.
(a) brisket steak (b) shoulder steak (c) skin of beef
(d) scrag end of ^{neck} meat (e) offal (f) fowl (g) rabbit

Very good.





Competition Criteria

We are looking for healthy, home cooked recipes.

Healthy food is food that has a positive impact on our whole wellbeing. This is food that is natural, minimally processed, low in salt, sugar, and fat, seasonal, locally grown and can be organic.





Processed Food

Processing is anything that changes an ingredient from what it is like in nature.

Small Amount of Processing



WASHING



FREEZING



COOKING





Processed Food

Large Amount of Processing



COLOURINGS

- E110
- E104
- E122
- E129
- E124



FLAVOURINGS

- Manzanate
- Diacetyl
- Acetoin
- Isoamyl acetate
- Benzaldehyde



SWEETNERS

- Aspartame
- Acesulfame potassium (Ace-K)
- Sucralose
- Neotame
- Advantame
- Saccharin





Seasonal Food

Seasonal food is food that we eat at the time of year when it naturally grows.



SUMMER



AUTUMN



SPRING





Local Food

Food that is grown and produced near the place you live.



FARMS



COMMUNITY GARDENS



LOCAL MARKETS





Organic Food

Food that has grown naturally without the use of chemicals.



NO CHEMICALS



GOOD ANIMAL WELFARE





GRANDMOTHER'S HANDS COMPETITION - CHECKLIST

Deadline for submissions:

☐

I have included my name, the name of my school or community centre, and contact details (telephone number or email address)

☐

I have shared my food story - what this recipe means to me

☐

I have chosen a healthy recipe

☐

This recipe includes ingredients that are grown and produced in my local area

☐

I have said which season this recipe relates to (spring, summer, autumn or winter)

WRITTEN: Any written submissions should be no more than 2 sides of A4 paper

DRAWN: Any drawn submissions should be no more than 3 sides of A4 paper

VIDEO: Any recorded submissions should be no more than 3 minutes long



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Please contact Christine Grover at
christine.grover@barnardos.org.uk if you would like to
participate in this competition or have any additional
questions