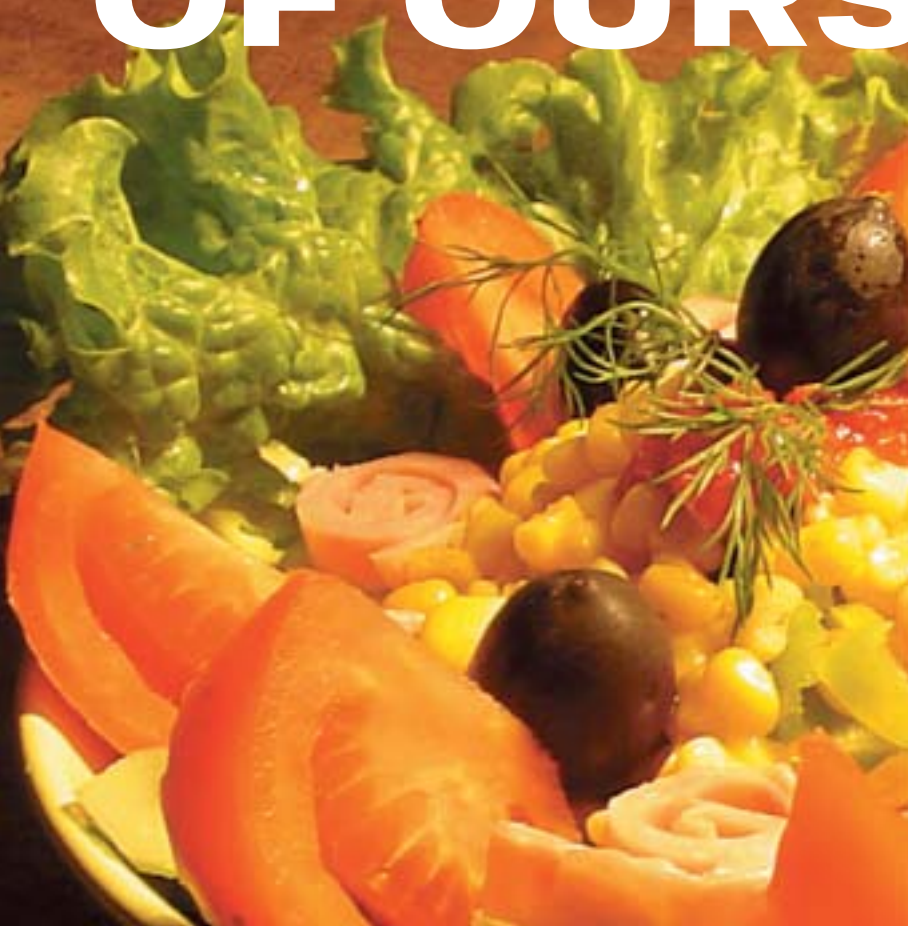


The Young Carers Recipe Book

- Healthy eating tips
- Recipes from young carers
- The Young Carers Festival



TAKING CARE OF OURSELVES





Young carers are children and young people who have a caring responsibility for someone in their family who has a physical or mental illness, a disability, or a substance misuse problem. In addition, they are often also responsible for younger siblings and all the household chores. The 2001 census found that 175,000 of the UK's 5.8 million carers were under 18.

The Children's Society Young Carers Initiative

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Wessex Way, Colden Common SO21 1WP
Tel: 01962 711511
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Email: young-carers-initiative@childrenssociety.org.uk
Website: www.childrenssociety.org.uk/youngcarers
Supporters Action Line: 0845 300 1128

The Young Carers Initiative is part of The Children's Society. We offer information to young carers and their families. We also offer information and training to anyone who works with young carers and their families across England and the UK. We are campaigning for whole family support.

If you need help, for yourself or for your family, first try to find someone you can talk to that you can trust, for example a close family member or friend, a teacher or doctor. Also you can log on to our project page at **www.youngcarer.com** to see if there is a local young carers project near you. They will be able to give you information about the kind of help your family might be able to get. You can also ring us on 01962 711 511.



The photographs on the following pages were taken at the 2005 Young Carers Festival at YMCA Fairthorne Manor



Useful websites

www.fairthorne.co.uk – to find out more about the work of YMCA Fairthorne Manor

www.disabledparentsnetwork.org.uk – Disabled Parents Network is a national network for disabled parents.

www.youngcarers.net – The Princess Royal Trust for Carers website for information, advice and support.



Fruit and Nut Biscotti with Ice Cream

Makes 50

Serve with ice cream

INGREDIENTS

250g plain flour	50g pitted dates, chopped
250g caster sugar	75g shelled pistachio nuts
½ tablespoon baking powder	50g whole blanched almonds
3 eggs, lightly beaten	50g shelled hazelnuts
50g plump sultanas	1 lemon (grate the zest and discard the fruit)
50g dried cherries	

INSTRUCTIONS

Preheat the oven to 180°C/350°F/gas mark 4.

Mix the flour, sugar and baking powder in a large bowl.

Add half the beaten eggs and mix well, then add half of what's left and mix again.

Now add the last quarter a little bit at a time until the dough takes shape but isn't too wet (you may not need to use all of the eggs).

Add the fruit, nuts and lemon zest and mix well.

Divide the dough into six, roll into sausage shapes about 3cm (1in) in diameter and place, at least 6cm (2½in) apart, on baking parchment on baking trays. Wetting your hands when rolling these out helps to prevent the dough sticking.

Lightly flatten the 'sausages' and bake until golden brown (20–30 minutes).

Remove from the oven and leave for 10 minutes to cool and firm up.

Drop the temperature of the oven to 140°C/275°F/gas mark 1.

With a serrated knife, cut the biscotti on an angle into 5mm (¼in) slices and lay these on the baking trays.

Return them to the oven and cook for 12 minutes, then turn the biscotti over and cook until they are pale golden colour (10–15 minutes).

When ready, remove from the oven and cool on cake racks.

Store in airtight jars.

This cookbook is full of great recipes and ideas.

I hope that you enjoy it.

Here's my recipe for you.

Best wishes

James Martin
Celebrity chef

Thanks to all the young carers projects, whose recipes are printed in this cookbook, from:
Brighton and Hove
Bristol
Canterbury and Thanet
Coventry
Dartford, Kent
Gwynedd Young Carers
Littlehampton, West Sussex
Somerset
South Gloucestershire
Torbay
Winchester

Yummy Homemade Low Fat Tomato Soup

INGREDIENTS

1 tablespoon olive oil	1 onion diced
1 teaspoon chopped herbs	1lb carrots, chopped
1 can chopped tomatoes	1 carton or bottle of passata
1½ pints vegetable or chicken stock	1 courgette, sliced
1 red pepper, diced	Any other vegetables you like to add

INSTRUCTIONS

Dissolve a stock cube in 1½ pints of boiling water.

Chop and slice all vegetables.

Heat large saucepan, add the olive oil and lightly sauté all the vegetables.

Add the can of chopped tomatoes, passata and the stock.

Bring to the boil then simmer for about ½ hour.

Liquidise the soup if you require it thicker.

Sophie Matthews

Healthy Eating Tip

Don't skip breakfast!

By the morning, your body has been without food for many hours, so no wonder it needs refuelling. Your body is a bit like a mobile phone – it needs recharging regularly. Breakfast will help boost your energy and set you up for the day ahead. Good choices include:

- A bowl of breakfast cereal (try to choose one that is high in fibre, but low in fat, sugar and salt) with semi-skimmed milk and a glass of fruit juice
- Boiled egg and toast and a banana
- Porridge made with semi-skimmed milk and topped with fresh or dried fruit
- Banana smoothie

www.eatwell.gov.uk



Food Safety Tip

Wash your hands

Always wash your hands thoroughly before preparing any food or cooking.

www.foodlink.org.uk

Healthy Eating Tip

Healthy eating websites

If you want to find our more about healthy eating log onto these websites at school or at home:

www.eatwell.gov.uk

www.foodlink.org.uk

www.nutrition.org.uk

www.j-sainsbury.co.uk/tasteofsuccess

Leek and Potato Soup

INGREDIENTS

250g potatoes

300ml water

250g leeks

200ml milk

1 onion

1 chicken or vegetable stock cube

Salt and pepper

3-4 slices of bread

INSTRUCTIONS

Wash, peel and dice the potatoes and leeks.

Place in a saucepan.

Peel and slice the onion, add to pan with water and crumbled stock cube and seasoning to taste.

Put lid on pan, bring to boil over a high heat, simmer gently for 20 minutes stirring occasionally.

Remove crust from bread, dice into small squares to make croutons, place on baking sheet and put in oven for 5 minutes at 170°C. Put aside to cool.

Blend soup mixture and add milk. Heat and sprinkle croutons on the top.

Sydney Morse



Healthy Eating Tip



Try to eat at least two portions of fish a week because fish are a good source of protein, vitamins and minerals and they are low in saturated fat. Oily fish, such as mackerel, salmon and sardines, also contain omega 3 fatty acids.

www.eatwell.gov.uk

Fish Cakes

This recipe is gluten and fat free

INGREDIENTS

Large tin pink salmon
1lb mashed potato (or large pack of instant)
1 tablespoon parsley (fresh or dried)
Black pepper and salt

INSTRUCTIONS

Drain juice from tin of salmon and add to bowl of mashed potato.
Mix together well; add parsley, pepper and salt and mix.
Grease a bun tin and spoon in mixture.
Bake in oven for 12 minutes (medium heat).
Serve with parsley sauce and salad.

Pat Mulqueen-Wood

Food Safety Tip



Store fish well covered, on the bottom shelf of the fridge so it can't drip onto other foods. After handling raw fish always wash hands, utensils and surfaces thoroughly and before any contact with other food.

www.food.gov.uk



Healthy Eating Tip



We should be drinking about 6 to 8 glasses (1.2 litres) of water, or other fluids, every day to stop us getting dehydrated. When the weather is warm or when we get active, our bodies need more than this. But avoid drinking soft and fizzy drinks that are high in added sugar.

www.eatwell.gov.uk

Food Safety Tip

Fridges

- Raw foods, such as meat and poultry, may contain microbes that can cause food poisoning. To prevent this, store them in the fridge. Store these foods away from other foods, especially cooked foods and ready-to-eat foods (such as salads, fruit, cooked meats, cheeses, bread and sandwiches). Store them well covered, on the bottom shelf of the fridge so they can't drip onto other foods.
- Eggs should be kept in the fridge, in their box.
- Keep prepared cold foods in the fridge until it's time to eat them. Dairy products belong in the fridge too.
- Many foods now need to go in the fridge once they've been opened – check the labels to see which ones.
- Never put open cans in the fridge – transfer contents into a storage container or covered bowl, and remember to use within two days.
- Store foods in separate covered containers. Cover dishes and other open containers with foil or film. Don't re-use foil or film to wrap other foods.

www.foodlink.org.uk



Tuna Pasta Bake

INGREDIENTS

8oz pasta
Oxo Italian herbs and spice cubes
6oz broccoli
Pack of cheese sauce
Grated cheese

INSTRUCTIONS

Put a large pan of water on to boil then add the pasta.
When pasta soft, drain.
Heat oven to 190°C/375°F/gas mark 5.
Put broccoli in pan of water and cook until soft, drain.
Drain the tuna and fork into pieces.
Make up sauce using the instructions on packet.
Mix all the ingredients and put in ovenproof dish.
Sprinkle on grated cheese and cook for 20 minutes.

Jake Gast

Healthy Eating Tip

Food on the run

If you're rushing about but want to top up your energy levels, you can still have something healthy. Here are some ideas for quick and healthy snacks that taste great at any time of day.

Quick snacks

- Toasted peanut butter and banana sandwich
- Bag of dried fruit and nuts
- Instant hot oats zapped in the microwave
- Fruit smoothie – you could make your own by blending a small glass of juice with a carton of flavoured yoghurt and a banana – or for a cooler option, whiz together with a few ice cubes or a scoop of ice cream instead of the yoghurt
- Fruit loaf
- Bowl of breakfast cereal with a sliced banana and ice-cold semi-skimmed milk
- Flavoured milk – drink a ready-made one or you could make your own
- Carton of low-fat yoghurt or rice pudding
- Cereal bars
- Can of fruit in juice

And for something more substantial...

- French stick pizza – take a chunk of French bread, add a couple of spoons of chopped tomatoes or tomato purée, top with canned sweetcorn (or any veg – you choose) and grated cheese – grill and enjoy
- Filled tortilla wraps – take a tortilla (zap in the microwave for 10 seconds), top with salsa and guacamole dips, chopped cucumber, and cooked chicken for a scrumptious snack big enough to keep you going until tea time
- Beans on toast
- Chunky oven chips (these have less fat and calories than thin versions) and beans
- Pitta strips and dips – one to share with friends – grill strips of pitta bread (watch they don't burn) and then dip into spicy salsa, low-fat houmous or tzatziki

www.eatwell.gov.uk

Jacket Surprise

INGREDIENTS

1 large potato
Chopped ham
Grated cheese

INSTRUCTIONS

Cook the jacket potato in oven until soft.

Cut in half and add chopped ham.

Sprinkle on grated cheese.

Put back into oven until cheese melts.

121 Young Carers Group, Kent



Food Safety Tip

Chopping boards

Wash and dry knives and chopping boards thoroughly after every use and especially between chopping raw meat, fish and poultry and chopping cooked and ready-to-eat foods. Ideally use separate chopping boards for raw and cooked foods.

www.foodlink.org.uk

Pizza Rolls

INGREDIENTS

White rolls
Tomato ketchup or tomato puree
Grated cheddar cheese
Chopped ham or bacon

INSTRUCTIONS

Slice roll in half.
Cover both sides with tomato ketchup or puree.
Put chopped ham or cooked chopped bacon on the top with grated cheese.
Place under a medium grill until all the cheese has melted or place lots of them on a baking tray and cook in a medium hot oven for 5 minutes until cheese has melted.

Benjamin Matthews

Food Safety Tip

Drying up

After washing crockery and utensils, where possible leave them to drain until dry. Tea towels can be a source of cross-contamination so use them sparingly. Make sure they dry out after you've used them; change them regularly and wash in a hot wash cycle. Preferably, use disposable cloths or paper towels.

www.foodlink.org.uk



Healthy Eating Tip

Salt

- How much salt should you have? The daily recommended maximum depends on your age:
 - 1 to 3 years – 2g salt (0.8g sodium)
 - 4 to 6 years – 3g salt a day (1.2g sodium)
 - 7 to 10 years – 5g salt a day (2g sodium)
 - 11 and over – 6g salt a day (2.5g sodium)These are the recommended maximums for children and young people. It is better to have less. If you're buying processed foods, remember to check the information given on the labels so you can choose those with less salt. Remember there is no need to add salt to your food once served.
- How much is 6 grams? 6g of salt is about a teaspoonful. This is not a large amount,

especially when you consider that 75% of the salt we eat is already in everyday foods.

- It would be very difficult to calculate exactly how much salt you eat in a day, because you would need to know the salt content of each food and measure the exact quantities you eat. But it's useful to know the recommended maximum of 6g, because if you find out the amount of salt in a few of the foods you normally eat, then you'll see how easy it can be to eat more than 6g.
- One of the easiest ways to cut down on salt is to compare foods and choose those that are lower in salt whenever you can. Salt is often listed as sodium on food labels.

www.salt.gov.uk

Cheese Dream

INGREDIENTS

Cheese (amount optional)
Ham (optional)
2 buttered slices of bread

INSTRUCTIONS

Butter the 2 slices of white bread.
Slice up the amount of cheese onto the unbuttered side of the bread.
Add the ham and put the other slice of bread on top of the cheese with the buttered side facing upwards.
Get a clean frying pan and put the sandwich into the frying pan and cook until golden brown.

Suzy Dewey



- Sugars occur naturally in food such as fruit and milk, but we don't need to cut down on these types of sugars. It is food containing **added** sugars that we should be cutting down on.
- Sugar is added to many types of food such as:
 - fizzy drinks and juice drinks
 - sweets and biscuits
 - jam
 - cakes, pastries and puddings
 - ice cream
- Food and drinks containing added sugars contain calories but few other nutrients so we should try to eat these foods only occasionally.
- Sugary foods and drinks can cause tooth decay, particularly if you have them between meals. This includes fruit juice and honey.
- The sugars found naturally in whole fruit are less likely to cause tooth decay because the sugar is contained within the structure of the fruit. But, when fruit is juiced or blended, the sugar is released. Once released, these sugars can damage teeth, especially if fruit juice is drunk frequently.
- Fruit juice is still a healthy choice, and counts as one of the five portions of fruit and vegetables we should be having every day, but it is best to drink fruit juice at mealtimes.
- But watch out for other words used to describe added sugar, such as sucrose, glucose, fructose, maltose, hydrolysed starch and invert sugar, corn syrup and honey. If you see one of these near the top of the list, you know the food is likely to be high in added sugars.

Healthy Eating Tip

Fats

Fats are often labelled as the bad guys – but actually we need some fat to keep us healthy. Fats are a source of energy, they help us to absorb some vitamins and contain important things called essential fatty acids.

But lots of people eat more fat than they need or is good for them. And some types of fat are worse than others.

Saturated fats are the ones we need to watch out for. They raise cholesterol and can block up the arteries to the heart. So instead of having saturated fats we should have fats that are high in poly-unsaturates and mono-unsaturates instead. This means cutting down on these sorts of foods:

✗ meat pies, sausages, pastry, cakes and biscuits, cream, soured cream, crème fraîche, lard, suet.

And trying to have more of these, which are high in unsaturated fats:

✓ oily fish, nuts and seeds, avocados, sunflower, rapeseed and olive oil spreads and vegetable oils.

Oily fish, such as salmon, mackerel and herring are also high in omega 3 fatty acids, which are really good for us.

Cheese Biscuits

INGREDIENTS

85g flour
55g butter
100g Parmesan cheese
Cayenne pepper
Cling film

INSTRUCTIONS

Place the flour and butter in bowl and rub together until the mixture resembles fine breadcrumbs. Stir in the cheese and season with cayenne pepper. Knead together to form a dough. Roll into a long sausage the width of a pound coin. Cover with cling film and chill in fridge for at least one hour. Preheat the oven to 200°C/400°F/gas mark 6. Slice the dough sausage into pieces the size of a pound coin. Place on baking sheet, not too close together. Cook for 7–10 minutes until golden brown. Cool and serve cold.

Daniel Miles



But this doesn't mean you should never have foods that contain a lot of fat. It's just that if you want to be as fit as you can, you should try to choose foods that are low in saturated fat as often as

you can. And many of your favourite foods are probably already low in fat, such as pasta, breakfast cereals, bananas, fish fingers and fruit smoothies, so you can still eat them regularly.

Do you ever look at food labels? If you do, here's a rough guide to fat content:
20g of fat per 100g of food is A LOT of fat and
3g or less of fat per 100g is A LITTLE fat.

Cinnamon and Raisin Bread

INGREDIENTS

500g strong flour ½ sachet yeast
25g margarine 1 tablespoon cinnamon
40g raisins

INSTRUCTIONS

Preheat oven to 180°C/gas mark 3.
Put flour, yeast, and margarine into a mixing bowl.
Using your fingers mix the ingredients together.
Add the cinnamon and raisins and sugar.
Measure 150ml of warm water and add it to the mixture in small amounts, mixing each time.
Once dough is soft, knead it for 10 minutes.
Then shape the bread and put it in the oven for 10 minutes.
Leave it to stand for 5 minutes.

Ruby Jones

Harriet's Low Fat Biscuit Bonanza

INGREDIENTS

100g butter 1 egg
100g caster sugar 270g plain flour

INSTRUCTIONS

(Include oven temperature and time needed)
Put butter in mixing bowl.
Add sugar and beat until fluffy.
Beat in the egg and add it to the mix.
Get the mixture out and roll it into a ball.
Roll your mixture so it is as thick as a £1 coin.
Cut your mixture in to circles.
Put them on a tray and place in oven for 8–10 minutes.

Harriet Davis



It's very important to keep worktops and chopping boards clean because they touch the food you are going to eat. If they aren't properly clean, bacteria could spread to food and make you ill.

- Always wash worktops before you start preparing food.
- Wipe up any spilt food straight away.
- Always wash worktops thoroughly after they have been touched by raw meat, including poultry, or raw eggs.
- Never put ready-to-eat food, such as salad, bread or fruit, on a worktop or chopping board that has been touched by raw meat, unless you have washed it thoroughly first.

www.foodlink.org.uk



Food Safety Tip

Heating food

- Follow recipes and label instructions for cooking times and temperatures. Remember to pre-heat the oven properly.
- Once cooked, keep foods covered and piping hot (above 63°C) until it's time to eat them. Avoid preparing food too far in advance.
- When using the microwave stir foods and drinks and allow them to stand for a couple of minutes to avoid hot or cold spots. Check food is piping hot throughout before serving.

www.foodlink.org.uk

Gingerbread

INGREDIENTS

4 tablespoons clear honey	2 teaspoons ginger
60g butter	1 teaspoon mixed spice
250g plain flour	1 egg
1 teaspoon baking powder	Icing sugar
60g brown sugar	1 teaspoon lemon juice
30g cocoa	

INSTRUCTIONS

Melt the butter on a low heat along with the sugar, put into mixing bowl.

Add the egg and 1 teaspoon lemon juice.

In a different mixing bowl mix the flour, cocoa, mixed spice and ginger.

Mix the wet ingredients with the dry. When the mixture is thick, knead it.

Roll until 1cm thick, cut into shapes, bake in the oven at gas mark 5 for 20 minutes.

Bethany Stiles

Flapjacks

INGREDIENTS

125g butter or cooking margarine	225g porridge oats
125g Demerara sugar	1 teaspoon ground ginger
5 tablespoons golden syrup	Sultanas (optional)

INSTRUCTIONS

Pre heat oven to 190°C/375F/gas mark 4.

Grease a 20cm sandwich tin.

Melt butter in a large pan and stir in sugar and syrup.

Add porridge oats and ground ginger and mix well.

Using the back of a metal spoon press mixture evenly over the base of the tin and smooth over.

Bake for 20 minutes, cool for 15 minutes in the tin, then score into 8 wedges.

Cool completely, turn out and break into wedges.

Tramayne Golding





Healthy Eating Tip

Eat five portions of fruit or veg a day

Smoothie

INGREDIENTS

100g peach

100g mango

½ pint fresh orange juice

INSTRUCTIONS

Wash the fruit and chop it up.

Weigh out 200g of fruit.

Pour the orange juice over the fruit and blend until smooth and no big bits of fruit can be seen.

Tip into cups and drink.

Laura

ONE portion = 80g = any of these:

- 1 apple, banana, pear, orange or other similar sized fruit
- 2 plums or similar sized fruit
- Half a grapefruit or avocado
- 1 slice of large fruit, such as melon or pineapple
- 3 heaped tablespoons of vegetables (raw, cooked, frozen or tinned)
- 3 heaped tablespoons of beans and pulses (however much you eat, beans and pulses count as a maximum of one portion a day)
- 3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice) or stewed fruit
- 1 heaped tablespoon of dried fruit (such as raisins and apricots)
- 1 cupful of grapes, cherries or berries
- A dessert bowl of salad
- A glass (150ml) of fruit juice (however much you drink, fruit juice counts as a maximum of one portion a day)

Source: www.eatwell.gov.uk



Dragons Blood

INGREDIENTS

Blackberries
Sugar

INSTRUCTIONS

Wash your hands.

Pick a bowl of blackberries.

Put the blackberries into a sieve and wash under cold water.

Put a bowl under the sieve and squash the berries so that the juice falls into the bowl.

Add the sugar and label "Dragons Blood"

Bethan Hughes



Fruit Salad

INGREDIENTS

1 pineapple	Any other fruit such as cherries, apricots,
2 bananas	plums, berry fruit, nectarines
2 apples	6 tablespoons orange juice
2 pears	110g sugar
2 oranges	½ pint water
225g grapes	Juice of a lemon

INSTRUCTIONS

Make syrup: place sugar and water into pan and put on a gentle heat until the sugar has dissolved, bring to boil, simmer for 1 minute, remove from heat and add fruit juices.

Peel oranges, divide into segments, place in syrup.

Cut grapes in half. Core but leave peel on apples and pears, dice or slice, add to syrup. Toss well to cover.

Cut top and bottom from pineapple. Cut off sides, remove core and slice and dice before adding.

Add sliced bananas just before you serve, along with any seasonal fruit.

Louis Morse

Food Safety Tip

Best before dates

No food lasts forever however well it is stored. Most pre-packed foods carry either a 'best before' or 'use by' date. Check them carefully.

- 'Use by' dates are for highly perishable foods – those that 'go off' quite quickly. No-one likes to waste food but it can be dangerous to eat foods past their 'use by' date.
- 'Best before' dates are for foods with a longer life. They indicate how long the food will be at its best quality.
- Even if a food is within these dates don't eat it if it looks, tastes or smells off.

www.foodlink.org.uk



TAKING CARE OF OURSELVES

The Young Carers Recipe Book

The Children's Society Young Carers Initiative and YMCA Fairthorne Manor jointly organise the annual National Young Carers Festival. Over the last 6 years, a total of almost 7,500 Young Carers from all over the UK have attended the festival – the largest annual youth participation event.

Some of the issues raised by young carers at the 2005 festival, under the theme **Taking Care of Ourselves: mind, body and spirit** included:

- Having someone to talk to who understands is very important – we need more funding for the young carers projects that support us.
- We want society in general to have more understanding of our families and the person who is disabled or ill. People's attitudes can leave us confused and feeling lonely. It's not the person on the outside that counts; it's the person on the inside.
- Schools really need to know more about young carers and the kind of support we need



We would like to thank Sainsbury's who very kindly sponsored the Healthy Eating Zone at the Young Carers Festival 2005 and provided us with healthy eating information.

Sainsbury's also sponsored this recipe book which includes some of the recipes written by the young carers who attended the festival.



With children, for children, with you