

MADE IN HACKNEY TEACHER'S GUIDE



MADE IN HACKNEY

Our food and cooking policy

This is the MIH food policy! It may seem a little over the top but we're striving to evolve people's eating habits, not just for their health but for the health of the planet too. After all, the population is eating far too much white flour, sugar, animal products and fried foods, so why would we teach recipes that include these things? We're not saying never, ever eat these things (or that we never eat them ourselves!), we're saying not to use them in MIH recipes as the aim is to transform and evolve people's eating habits and palates. This policy is always evolving and being updated so do get in touch with questions or additions.

Huge thanks for your dedication and efforts.

The MIH family x



We're a 100% plant-based wholefoods kitchen don't you know!

We are a 100% plant-based (so vegan) cookery school. This means **no meat, fish, dairy, eggs or honey should be used in any of our recipes**. We are not claiming that all animal products are unhealthy – indeed nutrients in many animal products tend to be more bio-available than in plants – but our aim is to normalise what a 100% plant-based meal is and ensure people know how to make animal-product free meals that are tasty, affordable and nutritionally balanced. People need to learn to eat more plants – both for their health and that of the planet – so this is where MIH comes in.

If participants ask about our food policy you can say:

- Most people need to increase their intake of plant foods – vegetables, fruits, seeds, pulses, legumes and wholegrains – and decrease their intake of animal products so we're helping people to do that with these recipes and classes
- Most people need inspiration, skills and more knowledge in making tasty, nutritious plant-based food recipes – as when you take out the animal products people don't know what to do

- A diet low in animal products (or completely absent of them) is better for the planet
- A diet high in unprocessed, whole plant foods is very healthy
- If people are cooking on a low budget they can only afford low quality, low welfare animal products but for the same cost they could buy the finest organic chickpeas. It's a no-brainer.

In line with our wholefoods approach we generally do not use white rice or white flour in our classes (except a specialist bread class) and encourage you to use a variety of grains such as short grain brown rice, wholemeal couscous, quinoa (source UK grown please), millet, buckwheat, freekeh etc. Introduce people to the joys of gram (chickpea) flour, spelt flour, wholemeal etc. We want to widen people's culinary horizons – and increase their fibre intake at the same time!





We inspire people to cook from scratch using healthy cookery techniques

We're all about teaching people how to cook from scratch using fresh, wholefood ingredients and healthy cookery techniques.

Just because something is vegan does not make it healthy or good for the planet. Please DO NOT use vegan margarine or heavily processed meat substitute products. In moderation it is fine to include in your recipes (but not too often) tofu, feto (fermented tofu) and tempeh. As a real novelty treat, vegan sausages for a sausage and mash class can be used (we get them donated you'll find them in the MIH freezer) – but this is really

for youngsters and they should not be promoted as particularly healthy!

We would rather you use grated squash on pizzas as a cheese substitute and make nut and seed cheese from scratch. However, if participants are keen to try shop bought vegan cheese ensure it's a coconut oil based one rather than soya and only use it once during the course. It's the exception rather than the rule. This principle also applies to condiments, seasoning mixes and sauces. For example, we would expect you to make a jerk seasoning or curry base from scratch in the class rather than use a pre-made shop bought one. If using bread

in the class, plan to make it from scratch. Pre-made wholemeal pittas are OK or wholemeal burger rolls but we'd rather you made bread from scratch when possible.

What do we mean by healthy cookery techniques?

Steaming, dry-frying, water frying or sautéing; baking, boiling if necessary and raw. We NEVER deep fry anything, even though it tastes delicious! We do not use 1Kcal spray and we do not free-pour olive oil onto veggies – this is costly and unhealthy. Instead lightly brush veggies with oil so they're not dripping in it.

Count colours not calories

This fantastic phrase was coined by our ambassador, Dr Rupy Aujla of The Doctor's Kitchen food blog and recipe book. He promotes eating a varied, colourful plate containing lots of different plant foods – herbs, seeds, nuts, veg, fruit, legumes, lentils and grains. He is not a vegan doctor but he supports our approach and rationale for doing what we do.



Life in the S.L.O lane (Seasonal, Local, Organic)

We love to recommend local, seasonal, organic food both for the health of people and planet. However we recognise this is not always available at an affordable rate, particularly outside of Hackney. However we want participants to understand why organic is better (not sprayed with harmful chemicals that enter our bodies, higher in antioxidants, better for bees and soil) so that if they have the choice to buy organic (for example if it's on offer) they know it's worth investing in.

Recommend buying staples such as organic flour, rice or oats which are relatively low cost. If delivering your sessions in Hackney please recommend the Growing Communities organic local veg box scheme which offers discounted prices for pensioners and takes Healthy Start Vouchers. Use their produce in your classes as it's all local and seasonal, except during the hungry gap when occasionally some international produce is featured. We can give you flyers and more information about

this veg bag scheme. If teaching outside of Hackney try to find an equivalent local veg bag scheme (ask us if you can't find one) and if there isn't one recommend best source of fresh fruit and veg in that community. Seasonal, local food is fresher, has not travelled far (so not sprayed with weird waxes and other treatments) so is generally higher in nutrients. It is also better for the planet as it has fewer food miles (journey it makes from field to plate).

Saying all of that, we are living in a multicultural community so occasionally we may want to feature plantain, yam or sweet potatoes etc in our recipes. Please ensure these are NEVER EVER air freighted as food transported by sea is much less harmful to the planet than by plane.

Consider swapping international ingredients for local equivalents, e.g. spinach for callaloo. If using fruits in a recipe go for seasonal, UK grown fruits as much as possible. It's fine to occasionally use bananas, mangos etc in our recipes but if it's summer and berries are in season – we'd much rather you used those! When thinking local think beyond fresh produce but grains, milks and products too. You can now get British grown quinoa for example.

But S.L.O food is just soooo eye-wateringly expensive!

You're right – it can be, especially if purchasing from a small shop. One organic mango can cost £2.50, compared to Ridley Road market where you can buy a bowl of 6 for £1. If you're working with low income people or families acknowledge this and don't be afraid to inform them of the joys of the Growing Communities organic veg bag whilst also being a realist and pointing out that you can buy a bowl of 6 avocados or mangos for £1 each at Ridley Road market.

We'd much rather people were able to increase the fruit and veg intake of their whole family within their budget than buy one organic thing and starve! We also don't want to put people off by promoting things that are unrealistic, so play it safe and promote both by saying something like:

- Organic food is brilliant as it's better for our health (more antioxidants, less chemicals) and the planet's health, but we all know it can be very expensive. The cheapest way to buy organic food is XXXX (insert cheapest organic veg box scheme in area) and then talk about the box scheme.
- However, if you have a big family or you eat a lot of food, you cannot beat the bargains of a fresh fruit and veg market like Ridley Road (or other local market).



Salt of the earth

Our programme aims to inspire people to reduce their salt intake and instead season with herbs, spices and citrus. We want that Saxo table salt OFF everyone's table. However, we do recognise a pinch of rock or pink salt is good for your health and the recipe but for the purpose of learning we try to avoid it. If essential for the science of a recipe like bread, or when cooking pasta then of by all means use it. Our Hackney Council Public Health funded classes don't want us to use

ANY salt in our recipes so check with us who the funder is and whether this is a requirement.

Do remember many of our participants have heart conditions or/and high blood pressure so we need to stress importance of lowering salt intake. Always use low sodium/salt veg stock cubes if using or recommend no-salt nutritional yeast extract (like marmite, but don't use actual marmite) if asked.

When not buying organic, get scrubbing (and check out the Clean 15)

If not regularly buying organic fruit and veg, invest in a vegetable scrubbing brush (a nail brush will also do). Before starting to prepare the veg either remove the skin entirely by peeling OR, scrub the vegetable/fruit with a brush submerged in water and then rinse. This is to remove as much of the chemical residue as possible.

Also, a brilliant US group called EWG (Environmental Working Group – I know, catchy) publishes an annual Clean 15 list of the fruits and veggies

that are least contaminated with agrochemicals. Be mindful this is a US specific list and takes into account US imports/exports and pest outbreaks etc, but generally it's a good rule of thumb as to the veggies/fruits that absorb least chemicals in the non-organic farming system. For example, avocados have a really tough skin so they usually make it onto this list, which is great as a single small organic avocado costs £2. Nice if you can afford it.

Is there a doctor in the house? No? Then don't pretend to be one!

Do be mindful that we are not allowed to give advice about specific ailments and diseases. A healthy, varied diet full of whole plant-foods is good for all round health and will positively impact on a range of conditions, both preventative and treatment wise, but we cannot give specific advice about specific illnesses unless you have the appropriate qualifications to legally do this, e.g. you're a qualified

and registered doctor, dietician or nutritionist. If, for example, you know the Arthritis Society recommends non-consumption of potatoes for people with arthritis and someone in the class asks you about this, you can share that information but direct them to that organisation's website so it's clear where that information is coming from, i.e. not MIH!



A spoonful of sugar? No thanks!

We do not use **any** refined granulated sugar – white, brown or otherwise – in any of our recipes. We'd also like our preserves such as jams, chutneys to be made sugar-free please (so they need storing in fridge and eating quickly). We want to help people evolve their palates to be happy with less sweet tasting things. To sweeten please opt for mashed overripe banana, date paste, apple sauce without added sugar or fruit-based Sweet Freedom (grapes, apple reduced) or black strap molasses, especially for community classes. Black strap molasses contains a decent amount of iron but Public Health do not recommend it as a source of iron due to it still being a sugar. If this is the only sugary

product in your diet then it's fine to use. It's about moderation.

There are zillions of fancy, expensive and supposedly more 'natural' or 'healthier' sugars available these days. The best of the bunch are stevia, xylitol and yacon as they do not have the same impact on blood sugar levels (lower glycaemic index) as refined white sugar or agave (which we **do not** use in our recipes despite it being popular).

Do remember though these are all still sugars and whatever additional nutrients they're promoted as having are available in such tiny amounts it's actually a false selling point. For example, brown rice syrup has a high glycaemic index

so we would ideally not use it in a Made In Hackney class. Despite it often being promoted in shops as rich in calcium, magnesium, manganese and zinc, it's actually in such small amounts that it's worthless towards your daily requirements, so it's a bit of a con.

To sum up, use the following sugar alternatives, in order of MIH preference:

1. Whole fruits (banana, dates, apple, etc.)
2. Stevia or xylitol

*You may have seen information online about the benefits of coconut sugar. It's worth knowing the study these articles often refer to was funded by the Government of Philippines, the world's largest exporter of coconut products, and it's claims have since been questioned by the global scientific community. Don't get us wrong though, it tastes amazing, and if used sparingly every now and then it's not going to harm your health unless you need to be sugar-free for a specific condition.

3. Blackstrap molasses or fruit-based Sweet Freedom
4. Coconut sugar*, brown rice syrup (although they are very similar to table sugar!)

NO sugar (white or brown) or agave.

■ **Sugar is often needed for fermentation classes for kefir and kombucha making process. Be mindful to use vegan sugar, i.e. white sugar that has not been filtered using bone char. I know, weird right.**

Made In Hackney Eatwell Guide

The MIH Eatwell Guide is an adapted version of the Public Health England Eatwell Guide.



Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables everyday (aim for 7-9 or more!)

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoes

Sea Vegetables

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Brown Rice

Spaghetti

Oats Milk

Hemp Milk

Almond Milk

Coconut Milk

Fortified plant-based milk (hemp, oats, almond, coconut, soy), Nut-based cheese

Olive
Rapeseed
Flaxseed
Hemp
Sesame
Vegetable oil

Choose unsaturated oils and use in small amounts

Pulses, Beans, Nuts and Seeds
Peas, chickpeas, lentils, beans (aduki beans, black eyed beans, kidney beans), nuts, seeds

Lentils

SPLIT PEAS

Plain nuts

Chick peas

Seeds

Calcium



Figs



Kale



Sesame seeds

Iron



Dried Fruits



Seeds



Spinach

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

MIH Eatwell Guide nutrition tips

Fruits & vegetables

- Provide essential vitamins, minerals, fibre and are low in fat.
- Aim to eat 7-9 portions (or more!) a day of a rainbow of fruits and vegetables.

Interesting fact: a portion is just 80g (one medium apple, handful of spinach, two broccoli spears) or 30g of dried fruit.

Proteins

Grains, pulses, seeds and some nuts (cashews, almonds, peanuts, pistachios) are good plant-based protein sources.

Interesting fact: although it is not required if you eat a variety of plant-based protein sources, you can do the following combinations to eat complete proteins:

- pulses + grains ■ grains + seeds or nuts ■ pulses + seeds or nuts

Calcium

Leafy greens (collard, watercress, kale, chard, cabbage), sesame seeds, oranges, dried figs, enriched plant-based milks (hemp, coconut, oat) are good sources of calcium.

Interesting fact: some foods rich in calcium, such as spinach, chickpeas or almond, contain substances that hinder calcium absorption. this does not mean they're not good for you! but you need to also get calcium from other sources of food.

Iron

Dried fruits, seeds, nuts, leafy greens, pulses and whole grains (brown rice, buckwheat, bulgur, millet, quinoa) are good sources of iron.

Interesting fact: to help your body absorb the iron, combine foods rich in iron with foods rich in vitamin c. you can do this by adding lemon juice to spice up your stir-fry of leafy greens or eating cashew nuts and tangerines together as a snack.

Interesting fact: to improve nutritional value and digestion, soak nuts, seeds, pulses and wholegrains overnight in water. rinse & eat raw or cook. Fermenting & sprouting also does this.

✓ **DO** eat lots of fresh vegetables, fruits, herbs, grains, legumes, nuts, seeds and other unprocessed, plant-based foods every day.

✓ **DO** drink lots of water, unsweetened herb and fruit teas, unsweetened enriched plant-based milks (hemp, oat, almond, coconut) and vegetable juices.

✓ **DO** eat fermented foods (sauerkraut, porridge, kimchi, kefir, nut cheese) as these improve your digestion and will help your body to absorb more nutrients.

✗ **Avoid** eating food and drinks high in salt and sugar

✗ **Avoid** eating deep fried food

✗ **Avoid** eating processed food as these contain lots of sugar, salt and E numbers

Important nutrients for a 100% plant-based diet (especially for kids)

Omega 3 (ALA): flax (seeds, ground, oil) ■ chia seeds ■ walnut ■ mungo beans ■ kidney beans

Omega 3 (EPA & DHA): algae based supplements ■ ground chia or flax mixed with cold pressed coconut oil

B12: enriched nutritional yeast ■ enriched coconut milk

Choline: brassica greens ■ shiitake mushrooms ■ supplements

Let's talk about oil

What oil is the 'healthiest' or 'best' to fry is a hotly contested and constantly evolving topic amongst nutritionists and health foodies. Let's unpick this a little.

To understand which oil is good or not for cooking, we need to speak about fatty acids (the building blocks of oils and fats). Fatty acids can be classified as:

- saturated acids (e.g. lauric acid)
- monounsaturated fat (e.g. oleic acid)
- polyunsaturated fat (e.g. LA, ALA, DHA and EPA).

Saturated acids are the most stable of the 3 and polyunsaturated acid the least stable. This is why coconut oil (high in saturated fat) is stable at room temperature while flaxseed oil is liquid at room temperature and can get rancid quickly. Oil high in polyunsaturated fat should not be used for cooking. The extraction process of the oil also impacts its nutritional profile and its smoking point¹: unrefined oils ('cold pressed', 'raw', 'virgin', 'extra virgin') have more nutrients (e.g. antioxidants) but a lower smoke point than their refined version.

From a health point of view, it is generally considered that oils high in mono and polyunsaturated fat are 'healthier' than oils high in saturated. Omega 9 fatty acids such as oleic acid are monounsaturated fatty acids. They have anti-inflammatory properties and may help to reduce the risks of heart diseases. The two main classes of polyunsaturated fatty acids are the famous omega 3 (e.g. ALA, DHA and EPA) and omega 6 (e.g. LA) fatty acids. They both play an important role in the body (involved in brain function, components of cell membranes, source of energy, etc.). But while omega 3 have anti-inflammatory properties, an excess of omega 6 increases inflammation in the body and can be bad for our health. And the problem is that in our western diet, we tend to consume too much omega-6 and not enough omega-3.

So when it comes to oils we're looking for the full package. For cooking, unrefined, high in omega 9, low in omega 6, and a mid-to-high smoke point. For dressings, high in omega 3 and low in omega 6. Best consumed organic, raw or in an extra

virgin state – ideally cold. You can get really into this and look online to find out about different oils and their omega contents. Here comes some info about the main oils:

- Extra virgin olive oil: one of the highest in omega-9, low in omega-6 (SP: 165-195°C)
- Unrefined linseed/flaxseed oil: one of the highest in omega-3, rather low in omega 6 (SP: ~105°C)
- Unrefined rapeseed/canola oil: high in omega-9, some omega-3, low/medium in omega-6 (smoke SP: ~105°C)
- Unrefined sesame oil: high in omega-6, medium in omega-9 (SP: ~175°C)
- Virgin coconut oil: high in saturated fat (SP: ~175°C)

So, er, what oil are we using then?

Let's keep it simple and go **extra virgin olive oil for most classes**. There is strong scientific evidence to support its health benefits (anti-inflammatory and cardio-protective) and you can use it raw (e.g. dressing), for cooking at low temperature (e.g. stir-fry or any stovetop cooking), and in the oven until about 180°C. Lidl does a very affordable extra virgin olive oil.

For cooking, you can also use organic, raw coconut oil. This has

recently become more affordable (but is still pricey compared to vegetable oil) with most supermarkets now stocking a low cost organic, raw coconut oil product that is much cheaper than it was a few years ago. We DO NOT use refined vegetable oil with high smoke points such as canola oil, sunflower, safflower, soybean, corn or margarine (high in omega 6).

For salad dressings, you can use unrefined extra virgin olive oil, flaxseed oil (good as really high in omega-3) or avocado oil. Feel free to experiment too with unrefined hemp or pumpkin seed (but in moderation as high in omega-6).

On the subject of coconut oil, despite health foodies loving it, let's remember it is still a saturated fat so should be eaten in moderation. It contains lauric acid which has antibacterial, antioxidant and antiviral properties which is great and some health practitioners say our bodies process it differently to other saturated fats. However, there is not yet enough scientific evidence to support this claim. Some studies have shown that it does not increase the risk of heart diseases, which is different to saying that it is heart healthy. For the time being NHS and Public Health do not differentiate it from other saturated fats. It does taste amazing though.

1. The smoke point is the temperature at which oil begins to smoke continuously and can be seen as bluish smoke. This smoke is an indication of chemical breakdown of the fat. A general rule is that the higher the smoke point, the better suited an oil is for cooking. (To note: pan frying/sauté on stove top: ~120°C; deep-frying : ~180°C; oven baking:~180°C)



Our line on soya and milk products

Despite it's bad press, soya is a healthy, nutritious product (it is a good source of protein, amino acid lysine and is also a source of iron, zinc and calcium). We recommend consuming it in moderation however, as it's good to eat a varied diet and not have anything in large quantities, and soya is everywhere in a plant-based diet. High consumption of soya can increase risks of thyroid function so it would not be recommended for individuals with a diagnosed thyroid problem.

We would recommend EU grown, organic soya for environmental and health reasons but this is harder to find unless purchasing from a health food shop. We don't use soya milk in our classes due to the prevalence of other plant milks that are nutritionally superior, plus it's good to encourage a varied diet and soya is more nutritionally beneficial eaten as tempeh, tofu, feto (fermented tofu) or edamame beans.

In terms of milks our preference is hemp as it's grown in the UK, followed by oat, almond and coconut enriched with B12. Rice milk is fine to have occasionally but not regularly due to arsenic found in it – a splash in your tea is fine but don't give a big glass of rice milk to a child every day. There are environmental concerns around the production of both almond and soya due to its recent boom in popularity. Before buying milks check ingredients, Alpro for example is full of additives. We advise people to choose unsweetened milks so always check the ingredients first. Why not show participants how to make plant-milks? If you want to use yoghurt in class a good quality soya yoghurt is OK as is coconut, although it does tend to be very expensive. Oatly make amazing crème fraîche and cream, available in big health food stores and Tesco. Yeah I just said Tesco. Sorry.

Organic plant milk versus non-organic fortified milk

Organic plant milks are great as they use ingredients not grown with any harmful chemicals. However, they are almost never fortified with additional essential vitamins and minerals (such as B12, D3, D2 or Calcium), which means you end up having to choose between fortification or organic. A tough one. If you don't take supplements MIH volunteer dieticians recommend opting for the fortified milks. If you do take supplements then you can choose either types of milk according to your budget or vary them week by week.

What to say if a participant asks you what's wrong with dairy

- **The dairy and meat industry uses a lot of resources** (water, fuel, feed, land) and is a very polluting industry – generating more pollution than every car, plane, van and train on earth!
- **We do not need to consume dairy to get calcium** This can be found in tahini (sesame seeds), dried fruits and legumes. You need

vitamin D to absorb calcium so get some sun or ensure to take a D3 supplement – most people in UK need to take this unless they work outdoors. In 2017 Canada removed 'dairy' as an essential food group from their national eat well guidelines.

- **People are increasingly becoming less comfortable with the realities of industrial and small-scale dairy farming.** Our classes aren't the place to go into this but you can recommend people watch short clips such as Dairy is Scary online if they want to know more. But so you know as a teacher the main issues are:
 - Calves are removed from their mothers 1-2 days after birth, much to the distress of mother and child, and then either shot dead, put in a crate for veal, or kept separated to become a dairy cow.
 - Dairy cows are kept in this horrendous cycle of pregnancy, child removal and constant milking (leading to mastitis and other nasties) until exhausted at approximately 4-5 years old.
 - When they stop producing milk in large enough quantities to be deemed profitable they are then slaughtered and turned into dog food. That's gratitude for you. Heffers would naturally live to 20 years old if not made to endure this process.

The gluten debate

We are not a gluten-free kitchen but we do want to accommodate people on a gluten-free or reduced gluten diet and frequently offer specific community classes and masterclasses in this. There is not enough data to make hard and fast conclusions about gluten but research suggests when eaten excessively (which many of us do) poor quality gluten in heavily processed breads and pastas is not good for our gut health and can cause inflammation. Fermented or sprouted wheat e.g. sourdough or sprouted bread is better for our health as it's easier to digest. Gluten sensitivity rather than celiac disease is on the rise as people are noticing symptoms such as bloating and skin complaints improving when they

remove gluten. It may be useful to point out to people that gluten-free products are not necessarily healthier – they can be, or they can't be, depending on the rest of the ingredients and quality. Always check rest of the ingredients first.

- **Celiac disease** is very serious so if someone in the class has this illness absolutely nothing with gluten should be used in the class. Even if they did not warn us in advance we need to adapt quickly for safety reasons.
- **Gluten intolerance** is easier to manage as people tend to know themselves what foods contain gluten or not. Just be careful not to mix utensils or pans.

No booze please we're...

To allow for everyone's cultural and religious choices do not use any alcohol such as wine or liquors in any recipes – even if it gets cooked off. You can use apple cider vinegar and rice wine vinegar BUT only if you have checked this is suitable for the attendees and they are happy for this ingredient to be used.

If working with recovering addicts be mindful some ingredients such as vanilla or almond essence can be a trigger so best to not use in any recipes. Check with the organisation attending the course or with us first in case there are other ingredients that should be avoided for recovering addicts.



*Be the zero-waste eco-warrior
we all want to be*

We love zero-wasters and their dedication to not creating any unnecessary waste, refusing single use plastic, walking everywhere with ziplock bags, tiffin tins and reuseable coffee/water cups. OK so we're all on the journey and no one on the staff at MIH is managing to be zero waste, but please have this on your radar as a MIH teacher and aim to lead by example. Please do not enter a class with a plastic

water bottle or disposable coffee cup in hand if you can avoid it. Bring your ingredients shopping in reusable tote bags. Shop at veg stalls that give veggies in paper bags or take your own. Food For All on Cazenove Road has various package free nuts, grains and seeds which can be purchased in reusable cloth bags if you've forgotten your containers. Right on!

Compost

It's the cycle of life, man – learn to love it. We know you're not all food growers but please get to grips with the composting food cycle and the ideal compost recipe e.g. 50% greens (nitrogen) and 50% carbon (browns). See our handout for further details. We expect all teachers to show participants how to compost and teach them how to do it at home or to use the council bin or communal bin if on an estate/shared building.

During the class don't forget to add browns (carbon) in the form of paper towels, paper veg bags, tea bags etc to the compost bowl in class and afterwards in the bin outside. **You cannot** put cooked food waste into a home composter (nor the one at MIH) as this attracts rodents to your compost bin. **All cooked food waste** must be put into a council collection food waste bin as they heat this to very high temperatures to turn it into safe soil.



It's worth knowing that the council-made compost from the kerb side food waste collections has all manner of stuff in it, such as ground up animals bones, meat and dairy products, so this may put you off using it for religious, cultural or other reasons. It's a brilliant use of food waste, but good to know what's in it, particularly if using for a community garden.

Food waste

We are not a food waste kitchen, e.g. we do not use food waste as ingredients in our classes as then we can't teach about local, organic, seasonal eating. However, we do teach participants how to do whole veg eating and expect you to use stalks, leaves, skin and other bits of vegetables often thrown away. Encourage participants to bring containers to take home leftovers

and bring containers yourself to take food home to ensure nothing is wasted. If teaching at MIH HQ we usually have compostable food waste containers in the cupboard above the washing machine but you need to charge 50p per container unless it's a youth class. This is to discourage use of single use items and encourage use of Tupperware etc.

And the most important ingredient is...JOY

MIH cookery classes are most importantly FUN and full of JOY. Our classes focus on what people *can* eat as opposed to what they can't. We do not judge people on their current eating habits or make them feel bad about them – we inspire them to eat better by creating wonderful, positive, fun, supportive sessions with good food at the centre. Recipes should be seasoned with lots of laughs, jokes, joy, love and smiles. None of us are the perfect model of ethical, sustainable, healthy eating, we're all on this journey together. Let's make it a joyful one.

HAPPY COOKING!





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