

CONNECT WITH FOOD



ABOUT US

Let's Go Southall is a local initiative to get the town of Southall more physically active. Funded by Sport England and driven by Ealing Council, we have brought together

local community groups, businesses, faith groups, charities, volunteers and a variety of service providers (including the NHS) to help people in Southall to get moving.

Connect with Food is part of the initiative to work towards changing the habits related to food within the Southall community. We wish to work with the members who attend the sessions to create a safe place to discuss various aspects of food.

We are not a cooking class and neither are we here to pass judgement on your food choices.

We are here to listen, talk, discuss and share ideas on how subtle changes within our eating habits could lead to a long term positive impact on our lifestyle and journey.

CONNECT WITH FOOD



Let's go Southall
Connect With Food



Facilitator
Sefali Dhani



Food Lead
Inderpal Ohri Chandel



Facilitator
Surinder Kaur Cholia



Facilitator
Ifrah Hassan Abdullahi

CONNECT WITH FOOD



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POTS AND PLANTS

Fran & Inderpal Ohri Chandel

Small or large place, container (pot) gardening offers you flexible growing opportunities – especially if you're short on space.

This was a completely fun session, full of laughter and potting. We got our hands dirty in the soil, talked about the different herbs, decorated the pots and painted them as per our heart's desire.

When growing plants in pots it is important to:

- choose the right location
- choose the right container
- choose the right compost
- water adequately
- use slow release fertilisers or liquid feeds

Of course, we started with ensuring the soil was watered, the seeds layered properly and the sun shining in its glory. Pots were painted and decorated beforehand, and then placed in a nice sunny place. The whole team ensured that they were looked after daily.

Some of us took some seeds home as well to grow with the children and teach them the importance of growing one's own food.





FOOD AND BEAUTY

Inderpal Ohri Chandel

What we eat is what we project. Healthy skin, nails and hair are all indebted to your food. Dabbing some fresh lemon juice on your face every morning can make a vast difference in how soft your skin feels.

What do we need for healthy skin- the key question- and so many answers ranging from drinking water (add citrus fruit, cucumbers or frozen berries for glowing skin), omega-3 (salmons or flax seeds), roast sweet potatoes, increasing tomato (helps against UV damage), avocado and kiwi (increases skin elasticity) consumption. The list was endless. Hair care a major concern for all- onion juice for hair fall, anyone. What about oiling- mustard oil, coconut oil or ghee!

And then FACE PACKS!!! How could we not discuss these. Following were some we decided to try. The results after a week were amazing.

DRY SKIN

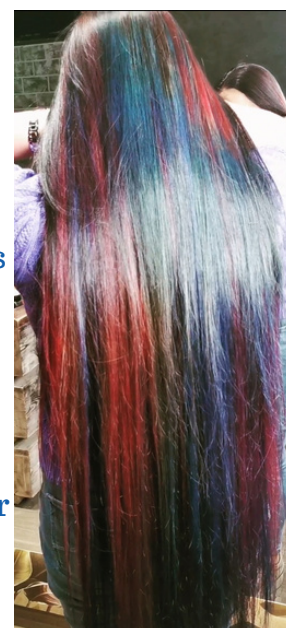
Banana Face Pack: Mash half of a ripe banana; combine banana with $\frac{1}{2}$ cup of plain yogurt and 1 tablespoon of honey. Apply and leave for 10 minutes; rinse thoroughly.

SMOOTHER SKIN

Cucumber Face Pack: Peel 1 cucumber and mash; place in a strainer to drain water. Add 1 tablespoon of sugar and mix well. Apply and leave for 10 minutes then wash with cold water

SENSITIVE SKIN

Oatmeal Face & Body Pack: Take 2 tablespoons oatmeal and 1 tablespoons baking soda and add water to make paste. Apply, rub gently and rinse.





FOOD MEMORIES

Ifrah Hassan Abdullahil

Memories tend to flood back when we eat certain foods. Our ability to smell is the key sense behind this.

Food memories, some good, some bad and some great. A taste of mango, the smell of a masala, and texture of food, all are extraordinarily evocative in bringing back memories of not just eating that particular food but also of the place where it was consumed and the people who it was eaten with.

And this is exactly what we all discussed. Mangoes bought from India by our parents to the UK to enjoy, or apples taken to Africa by someone's dad. It was not just the fruit that we missed, but the feelings associated with that moment, gone in time.

Why does food trigger these memories?

Well, there is a part of the brain called the hippocampus (one in each hemisphere) which is critical for memory. And this has strong connections with parts of the brain that are important for emotion and for smell. Many of the hormones that regulate appetite, digestion, and eating behaviour also have receptors in the hippocampus. Therefore, when we eat the smell, taste and texture triggers emotional memories.

What memory is triggered by this picture?





Potatoes galore indeed!

What would we do without the humble potato- it can be consumed in so many forms.

Attendees had a gala time discussing the usage of potatoes from simple french fries to the yummy tikki chat. We use it in so many forms. And not just food, the potato can be used to get rid of dark marks on the skin - knowledge remembered by a team member from one of our previous sessions on 'Food and Beauty'.

One unskinned potato provides:

- over 40% of the recommended daily value of Vitamin C
- about half the Vitamin B6 needed for the day
- more potassium than a banana
- potatoes are also a good source of calcium, magnesium, and folate.

However, high in the type of carbohydrate that the body digests rapidly, they cause blood sugar and insulin to surge and then dip rapidly.

Everyone decided to help the environment as well, by not throwing away the potato skin peels, instead marinate them with salt, spice of choice, bit of oil and air fry or oven cook them- they make a delicious snack.

Not forgetting the great art work by everyone
involving our very own potato.





FOOD CRAVINGS

Sefali Dhani











Cravings! We all have cravings and they can be completely overwhelming and sabotaging our diet. They are actually our bodies crying out what nutrients it needs.

Why do we have food cravings? It is our bodies method of informing us as to what nutrients are lacking inside us. Of course, we tend to go for the nearest easy comfort food, which is not necessarily what we need.

How should we deal with these cravings was our point of discussion, some tips that everyone agreed with were:

- Eat protein, especially vegetable protein.
- Increase fibre intake.
- Eat ONLY when hungry- usually all we need is a glass of water.
- Avoid overloading with liquid calories.
- Reduce or completely eliminate high palatable food- food which tastes great but has no nutritional value such as Doritos, Bombay mix, Pringles and so on.

We decided that we are going to keep a note of our cravings, look at what emotions trigger these and not reach for comfort food. Instead work out what our body needs drink water and exercise. As physical exercise is important to help balance the body as well.

Craving	You Need
 Salty Snacks	 Chloride
 Soda or Oily Foods	 Calcium
 Bread	 Nitrogen
 Sugary Foods	 Chromium, Sulfur, and Tryptophan
 Chocolate or Acidic Food	 Magnesium

Food Color Wheel



FOOD AND COLOUR

Inderpal Ohri Chandel

This session was a bright colourful conversation on which colours we like to wear and how many colours do we eat!

We discussed the food colour wheel and how important it is to eat each colour daily. Colourful fruits and vegetables contain beneficial phytochemicals, many of which are antioxidants.

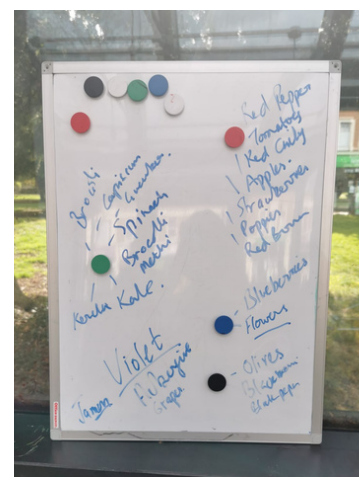
Deep, dark coloured foods should be chosen first, then more vibrant, brightly coloured foods next.

Popcorn was offered to all attendees with 80% eating it without a thought! WHY? Because white did not arouse any emotions or sensory thoughts. But the blue carrot and the brown cauliflower was shunned by all. The visual effect impacted one's decision to eat or not eat.

Not just what we eat but what we drink is impacted by colour, the deeper the colour of juice, the sweeter our mind perceives it to be.

Subtle changes in our diet, such as adding blueberries, were a decision that we all took collectively. Or swapping shop bought apple juice to home-pressed juices.

And our whiteboard was full of list of different coloured fruits and vegetables amongst other things.





TYPES OF DIETS

Surinder Kaur Cholia

Different types of diets get popular through word of mouth, social medias, how good the marketing strategy is. But how practical are they to follow in our everyday life. Do you follow a diet?

Diet- the word arouses images of not eating, starving oneself to lose weight, BUT, this is not always the case. Diets can be healthy, contain intermittent fasting, be undertaken to put on weight (not just shed the pounds!)

The group discussed various diets that are currently popular or in fashion. An interesting list was seen:

- Intermittent Fasting
- Atkins Diet
- Raw Food diet
- Water Diet
- Keto Diet
- Juicing
- Calorie Deficet
- Balanced Diet

An endless list- pros and cons of each diet were discussed. We all agreed that the diet you follow depends on your culture, your body type, what age you are amongst other things.

We decided to follow a balanced diet- substituting processed foods for fresh produce.





FOOD FOR ANXIETY

Sefali Dhani

In today's modern world, stress follows us everywhere, it is our partner in crime. Anxiety stems from stress and leaves you drained and panicked. Also makes you restless, there will be an increase in heart rate, shivering of hands and sweating of palms.

How do we deal with anxiety and what factor does food play in it?
How can food effectively help us to lead a stress-free life? These are two of the many questions discussed in this session.

Session started with questions on what we understand about anxiety and what we do to combat it. The most common answer reach for a cup of coffee- the worst possible answer, may we say!!

Calmness in our life is important to combat anxiety for good. Yoga, exercise and the right food is a key explained Sefali.

Which foods help to fight anxiety and calm us down?

- Dark Chocolate and ice creams- for all the chocolate lovers.
- Bananas
- Strawberries
- Almonds and Walnuts
- Beetroot
- Boiled Eggs

Everyone present agreed to give up the coffee and reach out for something from the above list along with just getting up stretching and exercising.



EVERY THURSDAY, MANOR HOUSE GROUNDS CAFÉ @ 9:30-10:15AM

 Travel
Sickness Vomiting Gut Health Blood
Pressure

or

Date: 21.04.2022
Topic: Food as Medicine

FOOD AS MEDICINE

Inderpal Ohri Chandel

Food as medicine has been used for centuries with herbal, ayurvedic and vaid remedies passed down through generations. Some even kept as family secrets.

This was one energetic discussion- as everyone had plentiful to share. From weight loss tips to travel sickness to helping with period pains, we covered it all. Fighting illness through incorporating different versions of food in your diet leads to short-term and long-term relief.

Fennel seeds were the king in our discussion- fennel powder 1 tsp up to four times a day, helps in period cramps. Adding fennel to tea, vegetables even fruit helps in reducing irritable bowel syndrome.

Did you know chewing on ginger helps in reducing nausea and travel sickness? Or that Kiwi is good for reducing blood pressure?

Have a sore throat with cough- try the following:

Crush 4 Cloves, 3/4 inch cinnamon, 5 black peppers and a small pinch of ginger. Add all 5 ingredients to two cups of boiling water for 10 minutes. Sip on this concoction slowly.

An important point was discussed is the impact of herbal remedies if you are suffering from long-term diseases, as overuse of ginger can affect diabetes.

HEALTHY COUGH REMEDIES

EVERY THURSDAY MORNING



FOOD IS MEDICINE



FEEDBACK

When an attendee enjoys the session and takes away valuable information from a session, which will result in change in behaviour, only then does the facilitator feel satisfied with their hard work and input".

- Connect with Food Team

"Our connection with food can be shaped by the events in our lives. We don't usually realise until much later that we have neglected ourselves. These sessions are helping me to understand what changes I need to make, along with exercise to improve my health".

-Deep Kaur



"I have learnt so much in regards to remedies for period pains, which will be extremely beneficial".

-J

"I didn't know that colours have such an effect on food choices. I will definitely be using the food colour wheel to look at what I eat and improve my food intake".

-Parmjit



"Becoming a facilitator with Let's Go Southall- Connect with Food, has enhanced my knowledge of my own food habits and has increased my confidence in public speaking".

-Ifrah

"The workshops were very informative in a casual way, lots of good suggestions that I will apply. I liked that we met up in person and were able to talk and listen to each other, share what we have been through and feel that we are not alone".

- Krisztina

