

Newsletter

News and information for the friends of the Vegetarian Cooking Classes at CCAS from the Forrester's Beach Seventh-day Adventist Health and Wellbeing Team

Our Purpose

- to help you achieve optimum health and wellbeing.
- to present helpful information about balanced eating, keeping disease at bay and enjoying a long and fulfilling life
- to provide you with new tasty plant-based recipes and help you cook them

What's on this month? A Vegetarian Barbecue!!



On the menu

- ✚ Black Bean Burgers
 - ✚ BBQ Soy Sausage Tortillas with Guacamole
 - ✚ Tofu Kebabs
 - ✚ Coleslaw
 - ✚ Barbecued Vegetable Salad
 - ✚ Barbecued Mango
- Monday 26 February at 6:45pm for 7:00pm
 - Central Coast Adventist School, Penrose Close, Erina, in the Food Technology classroom
 - \$15 per night or \$60 upfront for Semester 1
 - Bookings necessary for each class, unless you have booked for the semester
 - Phone Cheryl on 0403848242 or 43259213 or email cheryl011148@gmail.com
 - (Don't forget your containers.)



2018 Cooking Class Calendar

Semester 1

26 February

26 March

30 April

28 May

25 June

Semester 2

30 July

27 August

24 September

29 October

26 Nov

Going plant based: better for your body and the planet

The switch to eating more plants has never been easier. Plus it's a decision that can be a healthy win-win for you and the planet.

Healthy you

You are probably aware of the longer term benefits of eating mainly plant foods with research showing it can help you live longer and reduce the risk of chronic disease including heart disease, type 2 diabetes, obesity and some cancers.

But what about here and now?

Well eating less animal foods that are higher in saturated fat and eating more plant foods like nutrient rich fruit, veggies, wholegrains, legumes, nuts and seeds has a wide range of immediate health benefits from boosting your immunity to increasing your energy levels, and can even improve your complexion.

If weight loss was also part of your New Year's resolution, eating more plant foods could also help you achieve this goal. As well as being big on nutrients, plant-based foods provide plenty of dietary fibre. This will keep you feeling full for longer and help fend off cravings for less healthy snacks.

Healthy world

Did you know animal foods are the planet's leading source of greenhouse gas emissions, more than all transports combined? A new global study has found that by switching to a healthier diet and simply eating in line with our dietary guidelines, Australia could reduce greenhouse gases from food production by up to 25%. For most Australians, following our dietary guidelines simply means cutting back on meat and eating more plant foods.

From here, each move towards a more plant-based diet has an even better impact on the environment.

Tips for going green

So, if 2018 is your year to go green, here are four tips to make eating more plant foods easy:

1. Eat veggies at every meal

Australians have a long way to go to meet the recommended 5 serves of veggies a day, with just 7% of us managing to meet this target. To make it achievable, we really need to be striving to add veggies to every meal. Breakfast is often the biggest hurdle but this can be as simple as adding some spinach or left over roast pumpkin to your morning omelette, adding some greens to a smoothie or spreading your toast with avocado.

What are your resolutions for 2018?

Eating more plant food?

Even fast food outlets are joining the trend.

Dominos is now offering vegan cheese and Maccas is turning McVegan!



INTRODUCING
THE McVEGAN
BURGER

2. Go local and seasonal

Local produce that's in season is fresh, delicious and generally cheaper, so make the most of it. Stocking the fridge with seasonal fruit and veggies will not only inspire you to eat more plant foods, it will also help to support local growers and is a more sustainable choice, reducing the need for storage and transport.

3. Prep your plants

Try prepping your veggies for the day or the week in advance. Keep chopped up veggie sticks and fruit in the fridge for a ready-to-go snack, pre-make versatile dips and spreads like hummus that can be frozen in ice cube containers for a single serve, have canned legumes in the pantry so they are ready for the week ahead or roast up a tray of veggies to add to meals.

4. Rework the ratios

If you're not cutting out meat all together, try to stick to the dietary guidelines. It's all too common to see oversized steaks or schnitzels falling off our plates. The recommended size for a serve of red meat is actually about the size of a pack of playing cards. By cutting back on meat, you'll naturally tend to load up on more veggies achieving a healthier balance for you and the environment.