

South Warwickshire



NHS Foundation Trust

**Warwickshire Dietetic Service**

## **Getting Help with Meals**

This leaflet explains some of the help you can get with cooking and shopping, leaving you the time and energy to do other things, including enjoying meals.

# Getting Help with Meals

## Help with cooking

### If cooking becomes tiring:

- Ask a family member or friend to take over - even having one meal a week cooked for you can help.
- It is as easy to cook two portions as one - eat one portion and freeze the other.
- Buy ready-made meals. You may need to add extra vegetables or starchy foods to make a full meal.
- If you do not like the taste of ready-made meals, buy ready-prepared or frozen vegetables, potato or fruit to reduce preparation time and waste. Ready-prepared salads are also useful.

### Improve your cooking skills:

- If you are not confident to cook, your local community centre or college may run cooking classes.
- Arrange to cook with a friend - they will be able to give you tips and hints.

### If you do not feel like cooking:

Many towns and villages have a lunch club at least once a week. Ask in your local library or church for details. You could take advantage of special offers or 2-for-1 deals in local pubs or cafes.

Many restaurants and take-aways deliver. Get a copy of their menu to make ordering easier if you don't want to cook..

Some companies will deliver frozen meals to your home:

Oakhouse Foods

Tel: 0333 772 0288

e-mail: <https://www.oakhousefoods.co.uk/>

Wiltshire Farm Foods

Tel: 0800 077 3100

e-mail: <https://www.wiltshirefarmfoods.com/>

Warwickshire County Council in partnership with Apetito deliver Meals-on-Wheels across Warwickshire. Hot or frozen meals can be provided. To sign yourself, or a relative up for the service, call Apetito on 0800 090 3625

## Getting Help with Meals

### Help with Shopping

Reduce the number of times you need to go shopping by maximising the shelf life of foods.

- Buy foods with the longest shelf life. Use food before its "Use by" date.
- Keep in a small supply of tinned and dried foods, e.g. tinned fruit, beans, meat, fish or stew, dried pasta and rice. Ask for a copy of the leaflet "Store Cupboard Foods".
- Buy long-life milk, yoghurts, milk pudding or jelly.
- Frozen food is as good as fresh.
- Bread freezes well if you have room in the freezer.

**Supermarkets** - shopping can be done on-line with most major supermarkets. There is usually a small delivery charge, depending when you want the delivery. To find out more go to <http://www.somucheasier.co.uk/supermarkets-uk.html> or each supermarket's website.

**Oakhouse Foods** - as well as delivering meals, Oakhouse also deliver groceries. Call them on 0333 772 0288 or visit their website at [www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk)

**Milk and More (Dairy Crest)** - delivers groceries, including milk, bread, juice, eggs, cereals, pet food, cleaning products and other household essentials. No minimum order and free delivery. Telephone 0345 606 3606 or go on line at [www.milkandmore.co.uk](http://www.milkandmore.co.uk) to set up an account. You can then order on line or ask for the number of your local depot to order by phone.

**Social Care** - some support workers are able to do limited amounts of shopping.

**Fruit and Vegetable Delivery** - contact your local greengrocer as many deliver, or use a national company who deliver fruit and veg bags.

- **Riverford Organic** - [www.riverford.co.uk](http://www.riverford.co.uk)
- **Abel & Cole, Greengrocers** - [www.abelandcole.co.uk](http://www.abelandcole.co.uk)

Boxes vary in price but are from about £14. Both also deliver a range of other organic foods such as meat, cheese and eggs

- Your local community centre may run a fruit and veg scheme

The contact details were correct at the time of production.

## Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for patients and staff:

### Patients

- You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.
- You have a responsibility to treat other patients and our staff with dignity and respect.

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

### PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600 054 by email: [Pals@swft.nhs.uk](mailto:Pals@swft.nhs.uk) or by calling in person to the PALS Office which is located in the Lakin Road Entrance to the hospital.

If you have any queries about your diet, please contact us on 01926 600818, selecting option 3

Dietetic Department  
George Eliot Hospital  
Nuneaton

Dietetic Department  
Warwick Hospital  
Warwick

Author	Registered Dietitian
Department	Dietetics
Contact No.	01926 600818
Published	February 2015, Revised July 17
Review	July 2022
Version No.	3
SWH No.	00498/P.02



Approved by  
SWFT Patient  
Information  
Group