

# PROTOTYPE SUMMARY

## Innovation Lab

Living healthy and independent lives in our local communities

## Date

12<sup>th</sup> May 2017

## Venue

Stockport Council, Fred Perry Conference Suite

## Name of solution

HEALTHY Goods Vehicle - HGV

## Technologist's name

Jon Chiles & Claudia Lewis

## Description of the solution

*include group discussions, conclusions, URLs, links to GitHub etc.*

### The HGV (Healthy Goods Vehicle)

Mission Statement:

For People – **“Bringing healthy food to your community”**

For Business – **“Putting you at the core of healthy communities”**

The team combined a few ideas together to come up with something that met all the areas the individuals felt strongly about. I think this worked well considering the diversity of the ideas.

Essentially the solution is to have a physical food truck visiting local communities within Stockport (there could be other HGVs for other areas such as Oldham, Bolton etc) which would provide the following services to the older population:

- Pop up **Café** serving **Healthy** and **traditional** home style cooked **food**. This also enables people to meet others in their area they wouldn't normally socialise with
- **Shop** to sell individually **portioned** healthy food (**frozen or fresh**)
- Selling small **boxes** of the **ingredients**/recipe card so that people can make them at **home**
- Offering **demos** on cooking. Special events to engage with certain groups of people e.g. single living males, disabled
- Offering **advice** and assistance on cooking at home

The group felt a pop up café was needed as it's often seen that people will frequent local convenience shops and get unhealthy and often expensive microwaveable meals leading to a unhealthy lifestyle. Cooking traditional meals isn't so easy when they are living on their own and buying individual/single meal portions of some ingredients isn't possible. (e.g. for ½ table spoon of red wine vinegar you'd need to buy an entire bottle ). Being able to provide small boxes with these ingredients correctly proportioned would enable someone to recreate healthy food at home for minimal cost. It would not be a daily event but more like a 2 or 3 times a week event from between 12pm and 4pm.

We'd use local data to identify areas to park the HGV. If we wanted to engage with single elderly men we'd use data to find those people and look for an appropriate area close to their homes.

We'd do the same for disabled people. Conversely we'd avoid areas with a high proportion of sheltered accommodation as they are already catered for.

We'd also like to engage with the local communities in other ways. From asking local shops to donate any stock for the van, contacting the local allotments (using the available spatial data) asking for any produce that's been over produced or they want to donate. Talking to local community centres to see if we can use their facilities for the cooking demos.

Alongside the HGV there will be a website for the following information shown by the attachment:

- **Online map** of current and upcoming sites for the HGV
- **Live tracking** of the HGV on a day that it's in an area
- A detailed **schedule/event diary** highlighting any special events (such as the single male cooking demo) and linking to the **Council Events diary**. Using google maps you'd also have **clear instructions on how to get to the venue** from your home on foot, bus, or car.
- There would also be a section for **Traditional Family Recipes** (a resource the HGV will use when cooking the food it does), shown by the attachment below.
- The ability to **upload** you family favourite recipes so they are stored for posterity, shown by the attachment. "Granny Noon's Apple Turnover" These will also contain a story behind the dish and why it means so much to you
- These recipes over time will be form a **book** that can be **sold** on the website to raise funds for the HGV
- Photographs of the food and events already ran so people are familiar with that they'll see and receive on the day
- The ability to contact the team to request special events in your area. E.g. an event around a special day such as May Day or the Queens Birthday serving food people may have eaten as children/young adults
- **Volunteer links** to ask for volunteers and for volunteers to get in contact to offer their services. Such as offering their car to transport people to the HGV if they live further away or volunteering in the kitchen to help the chefs, working in the shop, helping clearing tables
- Contact information to enable local supermarkets/allotments to donate stock/produce
- Twitter feed to help promote and to make contact with the carers and family members of who would be the traditional users of the service.

#### Homepage Design

<https://projects.invisionapp.com/d/main#/console/11031499/233489983/preview>

## Screen shots

HGV
Search Q

## HEALTHY GOODS VEHICLE

### WHAT WE DO

Turnip greens yarrow ricebean rutabaga endive cauliflower sea lettuce kohlrabi amaranth water spinach avocado daikon napa cabbage asparagus winter purslane kale. Celery potato scallion desert raisin horseradish spinach carrot soko.

Find out more v

### FIND US

### OUR NEXT EVENTS

Brinnington Community Centre, Brinnington, SK3 7DR	Wednesday 23 May 2017 2:00pm - 4:00pm <span style="font-size: 12px;">&gt;</span>
Adwood and Bridgehall Library, Adwood, SK3 7HJ	Friday 25 May 2017 1:00pm - 5:00pm <span style="font-size: 12px;">&gt;</span>
Offerton Library, Mallowdale Rd, Stockport SK2 5NX	Tuesday 6 June 2017 12:00pm - 3:00pm <span style="font-size: 12px;">&gt;</span>
North Reddish Park, Longford Road West, Cheshire, Stockport SK5 6ET	Friday 9 June 2017 2:00pm - 5:00pm <span style="font-size: 12px;">&gt;</span>

View all events >

#### RECIPE OF THE DAY - GRANDMA SULLY'S WINTER STEW

Celery quandong swiss chard chicory earthnut pea potato. Salsify taro catsear garlic gram celery bitterleaf wattle seed collard greens nori. Grape wattle seed kombu beetroot horseradish carrot squash brussels sprout chard.

- £ £1.50 per portion
- ⌚ 10 minutes preparation time, 20 min cooking
- ★ Perfect for beginners



## Example Recipe

### Grandma Sully's Winter Chicken Stew



#### The history

Grandma Sully grew up in Chester in the early 1900s on a small farm. Each Sunday morning she'd take a walk with her father (my great Grandfather) into the chicken field and choose a bird for the Sunday Roast.

They grew all their own vegetables and in they'd go with a freshly plucked bird.

When ever I'd visit as a young child in the 60s she'd make this stew for me and I'd eat every last bit.

As I grew and had my own family I made this for my own family and as often as possible I'd make it for Grandma when she would visit. It was never as good but it was as good as I could make it.

I hope you enjoy it, Mrs P Phillips

#### Ingredients

- 1 tbsp sunflower oil
- 1 onion, finely chopped
- 4 garlic cloves, sliced
- 1.4l hot chicken stock
- 1 large potato , finely grated
- 1 tbsp fresh thyme leaf
- 2 tsp fresh rosemary leaves
- 2 x 850g family packs skinless chicken thighs
- 6 carrots, halved lengthways and cut into chunks
- 2 parsnips, halved lengthways and cut into chunks
- 3 leeks, well washed and thickly sliced
- mash and peas, to serve (optional)

#### Method

Heat the oil in your largest pan – an extra-large wok with a lid is ideal. Fry the onion and garlic for a few mins until soft, then pour in the stock and stir in the potato and herbs.

Add the chicken and bring to the boil. Stir in the carrots, parsnips and leeks, then cover the pan and leave to simmer on a low heat for 40-45 mins, stirring every now and then, until the chicken is tender. (Cool and freeze any extra portions, and use within 2 months – thaw at room temperature, then reheat in a pan until bubbling.) Serve with mash and peas, if you like.



**Recipe Upload Form**

**Add a recipe**

We want to preserve family favourite recipes for future generations.

Enter your recipe or an old family favourite here.

**Recipe Name**

e.g. Grandma Sully's Winter Stew

**Your Story**

**Type**

**Complexity**

**Price per portion**

**Cooking Time**

**Feeds how many?**

**Ingredients**

Ingredient e.g. 100g Grated Carrots

Ingredient 1:

Ingredient 2:

Ingredient 3:

Ingredient 4:

[Add another](#)

### Steps

Step 1:

Step 2:

Step 3:

Step 4:

Add another

### Upload Image

Browse... No file selected.