

**From Stratford Today: 30 July 2009**

Award for homeless hostel's healthy food



AWARD (L-R): Anchor House chairman, Monsignor John Armitage, Councillor Neil Wilson and Chef Nada Subramaniam celebrating the award.

A HOMELESS hostel has been recognised for its dedication to providing residents with healthy meal options.

**Anchor House**, in Canning Town, was presented with a Healthier Options Award following a wholesome overhaul of its cafe menu. The changes have taken place after a nutritionist visited the hostels kitchen for a consultation.

They looked at the food the hostel was offering residents and how they could make it healthier. Recommendations included:

- Ensuring vegetables and salads are available with all meals
- Using unsaturated oils and fats
- Using wholemeal and grain bread as well as white
- Offering water and fruit juice in addition to soft drinks

Councillor Neil Wilson, executive member for equalities and social inclusion, presented the award to the hostel and said they were setting an important example to the rest of the community.

He said: Every day were being told by the media about how important it is to maintain a healthy lifestyle with the right diet and exercise.

Here at Anchor House, staff are taking the lead by making small changes that will ensure residents and the wider community can reach that target. Its wonderful to see that the message is getting out there and people are making positive changes.

The driving force behind the changes is Anchor Houses resident chef and restaurant manager Nada Subramaniam.

He said: I knew that residents would be turned off by big changes to the menu so Ive done little things to

make their food healthier.

We've switched from full fat to semi-skimmed milk, they can now have poached instead of fried eggs and there's always lots of fruit and vegetables to go with every meal.

I also change the menu every day so there's lots of variety and nobody gets bored.

Anchor House is a homeless hostel which aims to help residents develop aspirations, confidence and self-esteem so they can go on to lead independent and lives.

It provides support to more than 200 homeless and workless people each year.

Email: [stratford@yellowad.co.uk](mailto:stratford@yellowad.co.uk)