

Cooking up the answers to tackle country's allergies

David Knox

PEEBLES based enterprise You Can Cook is turning up the heat on allergies.

The social company has teamed up with the Children and Young People's Network Scotland (CYANS) to crack the growing problem within youngsters.

And it is hoped that the partnership will reverse the problem which affects one in three children by influencing what they eat.

Bosco Santimano from You Can Cook told the Peeblesshire News: "We are what we eat. If we nourish our bodies in an appropriate way, we are able to achieve better health.

"Above all, we believe we all should take satisfaction in the cooking and joy in the eating."

Allergies are estimated to cost the NHS in Scotland around £130 million every year.

And it is expected the recent rise in anaphylaxis and food allergies amongst the young will have further long-term financial implications.

CYANS has been set up to look into current allergy service provision and make recommendations to the Scottish Government for improvements.

As part of the nationwide launch, You Can Cook was drafted in to host a series of cookery sessions in Aberdeen, Edinburgh and Glasgow.

Bosco added: "One woman who attended a four week course with us was so horrified at what she was feeding her children that she enrolled on a health and nutrition course at Napier University."

CYANS are now using much of the feedback from the nutritional cookery sessions to shape their recommendations.

Professor Jürgen Schwarze, clinical lead for CYANS and allergy consultant at the Royal Hospital for Sick Children, Edinburgh, said: "The launch of



One of the cook classes

CYANS and the range of events was an exciting opportunity for the NHS to involve children and young people in improving their allergy service."

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