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Everyday Comfort Food Vanya Insull, 2025-04-01 The bestselling Vanya of VJ Cooks is back with her stunning third cookbook featuring all the comfort food we love plus more of what she does best Vanya has built her reputation on simple delicious never fail recipes She knows what works in the kitchen when it comes to feeding a family and how to whip up the perfect dish for every occasion Following on from the runaway success of Everyday Favourites and Summer Favourites Everyday Comfort Food celebrates the colder seasons with warming winter meals and nostalgic treats to keep the whole tribe happy as well as more of the everyday winning dishes Vanya is known for From hearty soups tender slow cooked lamb and flaky golden pies to sweet delights and indulgent self-saucing puddings Everyday Comfort Food delivers 70 mouth watering recipes that taste like home

Reshaping Food Systems to improve Nutrition and Health in the Eastern

Mediterranean Region Ayoub Al-Jawaldeh, Alexa Meyer, 2023-01-09 This detailed and comprehensive study examines nutrition and health in the World Health Organization WHO Eastern Mediterranean Region presenting the six game changing food systems actions proposed by the WHO and the progress of their implementation in the region The WHO Eastern Mediterranean Region is a particularly complex place to study an area of economic contrasts with changing dietary patterns and stark differences between high levels of malnutrition and a prevalence of overweight and obesity As a result actions to improve the nutritional situation of the population are urgently sought The strategies explored in this book offer a unique opportunity to change food systems all over the world addressing aspects including sustainable food production the impact of marketing and labelling on behaviour and the effect of global events such as climate change war and the COVID 19 pandemic Reshaping Food Systems is an essential read at a time when malnutrition in all its forms including undernourishment micronutrient deficiencies and overweight and obesity pose a serious threat to global health and is of particular interest for policymakers working in nutrition and public health

OECD Health Policy Studies Tackling the Impact of Cancer on Health, the Economy and Society OECD, 2024-11-21 Cancer causes one in four premature deaths in OECD countries It damages people's quality of life their ability to work and their incomes Cancer increases health expenditure and harms the economy through reduced labour force participation and productivity The economic and social costs of cancer will grow as populations age and cancer treatment costs increase This report demonstrates the strong economic and societal case for investing in cancer policies Microsimulation modelling for 51 countries including OECD European Union and G20 countries shows that stronger action on cancer would yield broad benefits If all countries did as well as the best performing country in cancer care a quarter of premature cancer deaths would be prevented Addressing key cancer risk factors including tobacco harmful alcohol use unhealthy diet air pollution overweight and physical inactivity would lower cancer rates and health expenditure while also increasing workforce productivity Co benefits of such policies include improving road safety and reducing greenhouse gas emissions Vaccination for human papillomavirus will protect future generations from cervical cancer

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