

**Recipes and ways to make your food go further.**

**Don't forget to check out our Facebook page [here](#).**

## **Spotlight on...North Tyneside Disability Forum**

The Friends Share Food Club was launched on Monday 8 January at [North Tyneside Disability Forum](#) in Shiremoor by Dame Norma Redfearn DBE, Elected Mayor of North Tyneside Council.

The club aims to support residents to access affordable, nutritious food within the local community. The cost of a shop is £5 and will be made up of approximately £10 worth of food.

Anyone can join the club for £1, it is open every Monday from 11am until 1pm. There is a Warm Welcome running at the same time in the café where people to enjoy a warm space with free tea and coffee.

A full list of Warm Welcome venues can be found [here](#).

Warm Welcomes are available from November 2023 until March 2024.



**Warm Welcome**  
IN NORTH TYNESIDE

## **Recipe of the month... Lemon Tart**

## Ingredients:

### For the pastry

- 50g butter (cut in pieces)
- 140g plain flour
- 1 tbsp icing sugar
- 1 tbsp extra virgin rapeseed oil
- 1 medium egg yolk

### For the filling

- 3 medium eggs, plus 2 medium egg whites
- 140g icing sugar (plus extra for dusting)
- 2 tbsp finely grated lemon zest (about 4 lemons)
- 125ml lemon juice (from 4-5 lemons)
- 200ml tub half-fat crème fraîche

## Method:

- Rub the butter into the flour until the mix looks like fine breadcrumbs
- Stir in the icing sugar, then make a well and use a round-bladed knife to stir in the oil, egg yolk and 1.5-2 tablespoons of cold water until the dough comes together
- Without overhandling, gather into a ball on a lightly floured surface, roll the mixture out so it fits a 23 x 2cm loose-bottom flan tin
- Ease the pastry into the tin, then trim the edges by rolling the rolling pin over the top, press the pastry into the flutes so it sits very slightly proud of the edge (this extra height helps in case of any shrinkage)
- Lightly prick the pastry base with a fork, then chill for about 10 minutes
- Heat the oven to 190C/170C fan/gas 5 and make the filling by beating the eggs and egg whites together with a wooden spoon until well mixed
- Sift the icing sugar into a bowl, then gradually beat in the eggs - if the mix is lumpy, simply beat with a wire whisk
- Stir in the lemon zest and juice and leave to stand so the lemon flavour can develop
- Sit the chilled pastry case on a baking sheet and line with baking parchment and baking beans and bake blind for 20 mins until well set
- Carefully lift out the beans and paper, then bake the pastry case for another 3-5 mins until the base is cooked and pale golden



- Strain the lemon mixture through a sieve
- Beat the crème fraîche in a medium bowl until smooth, then slowly stir in the lemon mix until well blended
- Transfer to a jug, then carefully pour two thirds into the warm pastry case and place in the oven with the oven shelf half out, pour in the rest of the filling, then carefully slide the shelf back in
- Reduce the heat to 150C/130C fan/gas 2 and bake for 25-30 minutes until barely set with a slight wobble in the middle
- Cool for about 1 hour, then serve with a light dusting of icing sugar - best eaten the same day

**Recipe from BBC Good Food**

## Supermarket savers...

### **This week's Aldi's Super 6 offers are:**

- Savoy cabbage (each) - 49p
- Swede (each) - 49p
- Kiwis (4 pack) - 69p
- Oranges (5 pack) - 69p
- Chantenay carrots (500g) - 49p
- Lychees (200g) - 69p
- Mini apples (6 pack) - 69p

### **Lidl's pick of the week (18–24 January):**

- Organic carrots (750g) - 79p
- Spring onions (bunch) - 29p
- Blueberries (150g) - £1.29
- Sweet potatoes (1kg) - 89p

### **Tesco (Clubcard prices):**

- Little gem lettuce (2 pack) - 65p
- Flat mushrooms (250g) - £1
- Baby potatoes (750g) - 99p



## Top tips..

## Healthy4Life

Do you want to improve your child's weight?

The Healthy4Life programme aims to support you and your family to make healthy lifestyle changes together.

Interactive sessions are delivered by an expert and friendly team and focus on nutrition and physical activity to give you and your family a real boost.

The team delivers family programmes for two different age groups:

- Ages 4-7 years old
- Ages 8-14 years old

Sessions take place once a week for 10 weeks, after school.

The programme covers:

- Simple food swaps to reduce fat and sugar intake
- The right size portions for children and adults
- How to understand food labels and make healthier choices
- Opportunities to add run and play into your daily routine

To get in touch, for more information or to sign up:

- 0191 643 7454
- [CHAT@northtyneside.gov.uk](mailto:CHAT@northtyneside.gov.uk)
- [www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk)

*Eligibility criteria applies.*

