

Recipes and ways to make your food go further.

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Spotlight on... Community Food Support Grants

Community Food Support Grants support the provision of affordable, nutritious food within prioritised communities. Organisations can apply for larger grants of up to £10,000 to help start or strengthen projects like social supermarkets, community cafes, lunch clubs and cookery classes. Applications are actively being encouraged for new projects in the area.

The application form and eligibility criteria can be found on [the North Tyneside Council website](#).

Applications close on Friday 20 October 2023.



Recipe of the month... Easy Halloween Cookies

A recipe the kids will love for Halloween!

Ingredients

- 150g butter (sifted)
- 50g caster sugar
- 100g light brown soft sugar
- 1 tsp vanilla extract
- 1 large egg
- 250g plain flour
- 1/4 tsp baking powder
- 100g milk or dark chocolate chips

To decorate

- 60g dark chocolate (melted)
- 60g icing sugar (mixed with 2 tsp water)
- 20 Maltesers
- 5 cream-filled chocolate sandwich cookies
- 10 caramel-filled chocolates

Method

- Heat the oven to 180C / 160C fan / gas 4 and line two baking sheets with baking paper



- Beat the butter and sugars together with an electric whisk until light and fluffy - add the vanilla and egg and beat again to combine
- Stir in the flour and baking powder with a wooden spoon until you have a stiff dough, then fold in the chocolate chips
- Divide the dough into 20 pieces and roll into balls before arranging them on the prepared baking sheets (well spaced out so there's space for spreading)
- Press the tops of the cookies down slightly using the palm of your hand or the bottom of a glass
- Bake for 10-12 minutes until golden around the edges, then leave to cool for 10 minutes

- To make spider cookies:
- Spoon the melted chocolate into one piping bag and the icing into a second piping bag - pipe a dot of icing onto the back of two Maltesers and arrange these onto one of the cookies to create the head and body of the spider - repeat with the remaining nine cookies and the rest of the Maltesers
- Pipe eight spider legs around the bodies of the spiders using the chocolate
- Pipe two small dots of icing onto the heads to create eyes, then pipe very small dots of chocolate over the eyes to create pupils

- To make bat cookies:
- Separate the cream-filled chocolate sandwich cookies, and carefully scrape the cream filling off the chocolate cookie pieces - cut the chocolate cookie pieces into semicircles using a small serrated knife
- Stick a caramel-filled chocolate to the middle of each cookie using the icing, then use a little more to stick a chocolate cookie semicircle on either side of the chocolate to make the bat wings
- Pipe eyes onto the chocolate using the icing and melted chocolate the same way you created eyes on the spider cookies

Recipe from BBC Good Food

Supermarket savers...

This weeks Aldi's Super 6 offers are:

- Royal Gala apples (6 pack) - 85p
- Baby potatoes (1kg) - 69p
- Red onions (3 pack) - 69p
- Mushrooms (400g) - 99p
- Sweet potato (1kg) - 79p
- Chantenay carrots (500g) - 49p



Lidl's pick of the week (19– 25 October):

- Crispy mixed salad (125g) - 49p
- British swede - 49p
- Sweet easy peelers

- (600g) -
79p
- Aubergine - 59p

ASDA:

- Mango and Watermelon (250g) - £2
- Parsnips (500g) - 60p
- Greek style fat free yogurt (500g) - £1
- Egg fried rice (300g) - £1.40

Top tips..

NHS Healthy Start scheme

If you're more than 10 weeks pregnant or have a child under 4 years old, you may be entitled to get help to buy healthy food and milk.

If eligible, once signed up you'll be sent a Healthy Start card with money on it that you can use in some UK shops.

Vitamins to take during pregnancy and vitamin drops for babies and young children aged 0-4 years old are also available.

To find out more visit [the Healthy Start website](https://www.healthystart.nhs.uk).

