

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

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

## **Spotlight on... The Warm Welcome scheme**

North Tyneside Council has 'Warm Welcomes' across the borough, which sees Customer First Centres and libraries, as well as community and voluntary sector organisations and even some schools extending their support to residents by offering a comfortable space to relax.



For those who wish to get involved, additional free activities and hot drinks are offered. At certain venues free food will be available too and there is an additional fund for some organisations to deliver cooking workshops.

You can find out where Warm Welcomes take place [here](#).

Warm Welcomes will be available from November 2023 until March 2024.

## **Recipe of the month... Quick chilli bean wraps**

### **Ingredients:**

- 1 small onion (sliced)
- 1 tbsp vegetable oil
- 400g can mixed beans (drained and rinsed)
- 400g can chopped tomatoes
- 30g sachet fajita seasoning or 2 tbsp Cajun seasoning
- 8 soft corn tortillas wraps
- Grated cheese, guacamole and soured cream
- Handful of coriander or parsley (roughly chopped)

### **Method:**

- Gently fry the onion for 5 minutes in oil, until softened - tip in the beans, tomatoes and



seasoning, then simmer for 10 minutes, stirring occasionally

- Meanwhile, warm the wraps in the microwave on high for 1 minute
- Take a large spoonful of beans and spoon along the centre of each wrap, top with some grated cheese, a spoonful of guacamole and soured cream and a sprinkling of coriander or parsley - wrap into a cigar shape and eat straight away

Recipe from BBC Good Food

## Supermarket savers...

**This weeks  
Aldi's Super 6  
offers are:**

- Sweetcorn (2 pack) - 69p
- Carrots (1kg) - 39p
- Brown onions (3 pack) - 69p
- Tenderstem broccoli (200g) - 99p
- Large avocado - 59p
- Figs (140g) - 89p



**Lidl's pick of  
the week (21–  
27**

**September):**

- Large oranges

- (4 pack)  
- £1.29
- Funsized apples  
(6 pack)  
- 69p
- Little gem lettuce  
(2 pack)  
- 59p
- Salmon fishcakes (4 pack) -  
£2.79

**Morrisons:**

- Corn cobs (4 pack) -  
99p
- Sweet & crunchy salad  
(160g) -  
2 for £1
- Snack apple bag  
(80g) -  
3 for  
£1.20
- Activia peach  
0% fat  
yoghurt  
(4 x  
115g) -  
£1.50

**Top tips..**

As schools have returned following the summer holidays, perhaps now is a good time to encourage anyone who may be eligible to apply for income-related free school meals for their children.

Anyone who is eligible would also receive food support vouchers during the school holidays and be able to register children for funded activities during school holidays.



You can apply on [the North Tyneside Council website](#).

## Future events and programmes

### Healthy4Life

Healthy4Life offers a free 10 week programme 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.

Sessions take place once a week, after school. Children aged 8 to 13 can choose from 4.15-6.15pm on:

- Tuesdays at The Lakeside Centre (from 26th September) or;
- Wednesdays (from 27th September) at The Parks Sports Centre

In 10 weeks 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
- Easy ways to get more physical activity into your every day life

Eligibility criteria applies. Please get in touch to sign up or for more information:

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