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Food North Tyneside



Recipes and ways to make your food go further.

You said, we did

This month you told us you would like to see some gluten-free content, so this month the recipe we have chosen to share is a gluten-free one, and it's a good one too!

If you would like to make any suggestions on things we could do better, please fill in our short survey [here](#) to tell us what you think, or email us at food@northtyneside.gov.uk

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

Spotlight on.. Whitley Bay Big Local

Have you heard about the food pantry that runs from Whitley Bay Big Local?

It offers a range of fresh fruit and veg, milk, bakery items, tins, and dried goods on a pay as you go scheme. Opening times are as follows:

- Tuesday, 9.30am-12pm
- Wednesday, 1-3pm
- Thursday and Friday, 10am-12pm.



As well as the food pantry, Whitley Bay Big Local runs a men's pie club every Monday afternoon, 3-5pm. The time is allocated to improving men's mental health through cooking. It's free to attend and here's what one man had to say about their experience:

"...it's not really about the pie. That's a bonus... Men's Pie Club is about togetherness and friendship..." - Pie Man 'T', April 2023.

Recipe of the month..

This month we have a gluten-free sundried tomato bread as our recipe of the month!

Ingredients:

- 200g gluten-free white flour
- 1 tsp salt
- 3 tsp gluten-free baking powder
- 284ml buttermilk
- 3 eggs
- 1 tsp tomato purée
- 2 tbsp olive oil
- 50g sundried tomatoes in oil, chopped.
- 25g parmesan

Method:

- Heat the oven to 180C/gas 4
- Mix together the flour, salt, and baking powder in a large bowl
- In a separate bowl, whisk together the buttermilk, eggs, tomato purée and oil
- Fold the wet ingredients into the dry before adding the sundried tomatoes and half the parmesan
- Grease a 900g loaf tin and pour in the mixture
- Sprinkle the remaining parmesan on top and bake for 50 to 60 minutes until a skewer inserted into the middle comes out clean
- Remove from the oven and leave to cool before slicing

The recipe is from [BBC Good Food](#).



Supermarket savers..

We've compared the different supermarkets, and you can currently buy all the ingredients needed to make the sundried tomato break from ASDA for £9.05.

- Asda grated grana parmesan - £1.85
- Sundried tomatoes in oil - £1.80
- 6 medium free-range eggs - £1.45
- Tomato puree - £0.60
- Buttermilk - £1.00
- Gluten free baking powder sachet - £1.30
- Asda free from gluten free white flour - £1.05

This week's Aldi super six are:

- Aubergine - £0.59
- 6 pack of apples - £0.69
- Seasonal pears - £0.79
- Salad potatoes - £0.89
- Baby corn - £0.89
- 5 pack of oranges - £0.99

Some of Lidl's picks of the week are:

- 4 pack of lemons - £0.79
- Oakland cucumber - £0.69
- Oakland closed cup mushrooms - £0.99.
- Baby leaf and herb salads - £0.69

Tesco have some weekly rollbacks on a variety food if you have a Tesco Clubcard, here are some of the savings this week.

- Tesco bunch spring onions - £0.39
- Twin pack avocados - £1.45
- Tesco wild rocket - £1.00
- Tesco raspberries, blueberries, blackberries, and strawberries - 2 for £3.50

Some of the Nectar deals Sainsbury's have available with their Nectar card this week are:

- Sainsburys mixed veg stir fry - £1.50.
- Sainsburys baby leeks - £1.25
- Crushed garlic - £0.75
- Sainsburys strawberries - £1.50
- Ripe and ready avocado - £0.50
- Free range fresh egg noodles - £1.25



Top tips..

April's top tips are focussed on the different supermarket saving and loyalty cards you can sign up to:

- If you shop at Tesco, you can collect Clubcard points when you spend money (1 point per £1 spent in-store and online, and 2 points per £1 spent on Tesco Fuel). Once you've collected enough points to generate a voucher, you can redeem your points and turn them into money-off purchases. Each point is worth 1p, so 150 points gets you £1.50 in vouchers. You can also save money in store with a Tesco Clubcard as Tesco puts deals on different foods each week where they are cheaper when you buy with a Clubcard.

- In 2022, Asda started a customer loyalty programme. All you need to do is download the app and scan the barcode before you pay for your shopping to claim your reward points. Plus, different star products in store give you star reward points at checkout. You will also receive cash pot rewards once you reach a certain milestone.

- Morrisons offers a Morrisons More scheme where you can earn money off your shop and get instant rewards through the app. The app will also send you personalised offers and is free to join.

- Iceland offers a bonus card where you can get £1 back for every £20 you save on your card, just simply tell the cashier how much you would like to save on the card at the checkout. Some of Iceland's best deals are only available to shoppers who have a bonus card to scan at the checkout.

- Marks and Spencer's loyalty scheme treats you to offers, events and other exclusives as well as donating to charity each time you shop. Every time you shop or place an order you can receive more sparks. For every £1 you spend you'll receive 10 sparks.

- At Lidl you can download the Lidl plus app and register your details to be introduced to a range of coupons. Personalised offers will be available based on what you buy. New coupons are added to the app every Thursday.

- When spending money in Sainsbury's stores you can build up Nectar points with a Nectar card. Once you reach a certain amount of points, you will be able to use those points to make savings. For every £1 spent you receive 1 point which is the equivalent to half a penny. Sainsbury's has



recently introduced lower prices for Nectar cardholders on certain items too!



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