

Food North Tyneside



Recipes and ways to make your money go further.

We hope you enjoyed the first Food North Tyneside newsletter last month. We are trying to gather as much feedback on this new initiative, so that we know what will be most helpful to residents. Fill in our short survey [here](#) to tell us what you think, or email us at food@northtyneside.gov.uk.

Spotlight on... Cedarwood Trust's Community Membership Store



Cedarwood Trust's Community Membership Store has been created to offer a quality shopping experience via a weekly membership system to support those on low incomes to reduce food costs and food waste. Members simply pay £4 to get at least £15 worth of shopping, which includes fresh fruit and veg, ambient, chilled and frozen foods as well as toiletries and cleaning goods.

The store runs alongside existing services at Cedarwood Trust, so anyone using the store can access everything else on offer, including debt advice, budgeting, family and pastoral support, training and volunteer experiences and so much more.

To join the subscription supermarket, pop into the Cedarwood Trust with proof of address and £1.

Recipe of the month



Last week was national **Afternoon Tea Week**, but it's not too late to try the North Tyneside Public Health Team's easy scones recipe! Just make sure you do the jam and cream in the right order...

Ingredients

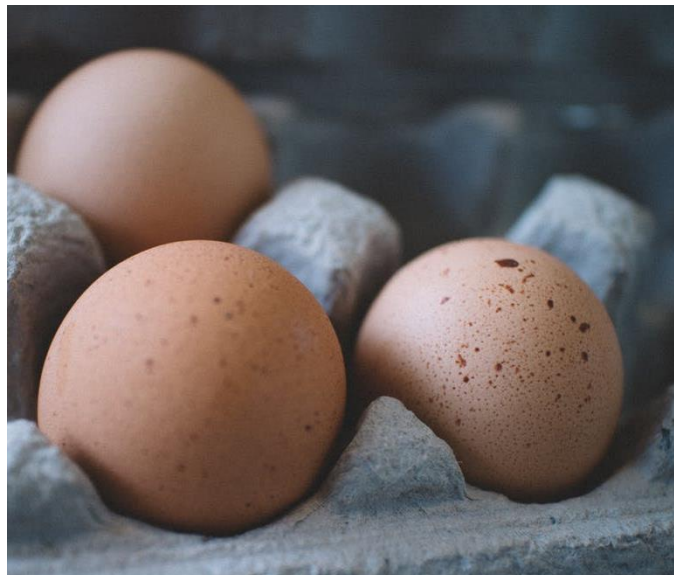
- 225g white or wholemeal self-raising flour
- 1tsp baking powder
- 45g soft margarine
- 1 egg, beaten with a splash of milk

For sweet scones add 2 tablespoons of sultanas, currants or mixed/dried fruit and for savoury scones, add 45g cheddar cheese and ½ teaspoon dried herbs

Method

1. Preheat the oven to 230 / gas mark 8
2. Sieve the flour and baking powder into a bowl and rub the margarine in with your fingertips until it resembles fine breadcrumbs
3. Add one of the optional sweet or savoury ingredients
4. Add the egg mixture and bring together kneading lightly to make a soft dough
5. Press / roll out the dough onto a lightly floured surface until it is about 2cm thick
6. Cut out circles using a scone cutter or a glass
7. Place on a lightly oiled baking tray and glaze the top with milk
8. Cook for 10 minutes until golden

Supermarket savers



This month, you can find the following deals:

- Head to **Morrisons** for savings on cereal, with a 24 pack of Weetabix at £2.50, 720g of Kellogs Coco Pops at £3 and 700g of Kellogs Rice Crispies at £3.
- For veggie sausages, try **Asda's** Birds Eye Green Cuisine Sausages at £2, reduce from £2.50.
- **Sainsbury's** are offering reduced price cheese, with Dairy Lea Light Cheese Slices at £1 and Cathedral City Mature Cheddar Slices at £1.75.
- **Aldi's** Super 6 vegetables this week are green beans, sweetcorn, courgettes, salad tomatoes, plums and mini apples. You can pick up all 6 items for just £4.04.

These deals are valid at the time of this newsletter.

You can buy all the ingredients for our scones recipe for just £2.95 from Aldi:

- The pantry self-raising flour 1.5kg – 55p
- The pantry baking powder – 59p
- Greenvale perfect for cakes margarine 500g – 85p
- Merevale medium scottish free range eggs 6 pack – 95p

ASDA came in at £3.68 thanks to its new Just Essentials range!

Our **Supermarket of the Month** is Iceland, who are offering people of pension age a £30 voucher for food and other essentials. Eligible pensioners should call the Summer Cheer hotline on 0800 098 7877 to request their voucher. Iceland have reported that vouchers are still available, but they are working through a high number of calls.

Top tips

National allotments week



Even if you don't have an allotment, you can still grow your own food at home. An easy starting point is sprouting pulses. You will need mung beans, lentils or another type of sprouting bean, a jam jar, water, sieve and kitchen towel.

Step 1: soak the pulses in water overnight so that they swell. Rinse them thoroughly, then dry them on a piece of kitchen towel.

Step 2: Put the pulses in a clean, dry jar, making sure that they cover only the bottom. Rest the lid on top of the jar and leave it in a bright spot, away from direct sunlight. They should start to sprout within 24 hours.

Step 3: rinse the pulses a couple of times a day, pat them dry and return them to the jar. They should be ready to eat within three to four days.

For more ideas, click [here](#).

Kids eat free

Since last month's newsletter, we have heard even more places around North Tyneside are offering free or affordable kid's meals over the summer holidays:

- Kids eat free with a paying adult at Cedarwood Trust's **Nourish Bistro**
- Kids eat for £1 all day everyday instore at Asda Cafe with no minimum spend for adults.
- Marks and Spencer's cafes are offering a free kids' meal when an adult spends £5 or more and giving away free fruit.

Be scam aware

Tesco shoppers have been warned of an online scam which is circulating on Facebook and Twitter, offering vouchers in exchange for taking part in a survey. Be aware of scammers using the cost-of-living crisis to their advantage and check supermarkets' official social media pages or websites.

To unsubscribe, reply with STOP.