

Food North Tyneside



Recipes and ways to make your money go further.

You said, we did

You told us that you were interested in seeing a directory of all food support available in North Tyneside. Did you know that there is now a [cost of living support page](#) on the council's website, which includes information about food support.

If you would like to make an 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

Spotlight on... Forward Assist's Salute Café

Salute Café is a veteran-led community café serving tea, coffee and light bites to veterans and the wider community. Salute Café is within the John Willie Sams Centre, Dudley, NE23 7HS. Open Monday to Friday, 10am – 2pm.

At Forward Assist we help military veterans who are struggling with day-to-day life, which may be impacted by PTSD, adverse childhood experiences, military sexual trauma, and moral injury.

Get in touch via our website to find out more or receive help. <https://www.forward-assist.com/contact>. Everyone is welcome to Salute Café.



The Lunch Club info:

Every Thursday the Dudley Lunch Club joins us for a delicious two-course meal, from 12pm - 2pm. They also get to enjoy a game of bingo afterwards too. If this is something you would be interested in joining, please do get in touch with us on 0191 250 4877.

Recipe of the month

The recipe of this month is **bubble and squeak** as hopefully it will come in handy over the Christmas period to help reduce food waste with all the left-over vegetables from your Christmas lunch.

- 3–4 tbsp turkey fat from the gravy, or 15g/½oz butter
- 1 onion, finely chopped
- 400g/14oz Brussels sprouts (leftover or freshly cooked), shredded
- 600g/1lb 5oz leftover roast potatoes, parsnips, carrots, or any other Christmas vegetables
- salt and freshly ground black pepper



Method

1. Heat half the fat in a non-stick frying pan. Add the onion and fry over a medium heat until translucent. Add the sprouts and cook until everything is starting to caramelize around the edges. Transfer to a bowl.
2. Roughly mash the leftover root vegetables together, then add them to the onion and sprouts. Season well.
3. Heat the remaining fat in the frying pan. Pile the mixture back in, pressing down. Cook until the base has a really good crust on it. Carefully go round the edges with a palette knife to make sure it will come away easily (it won't if the crust hasn't cooked for long enough), then flip onto a plate, before sliding it back, cooked side up, into the pan.
4. Cook until another crust forms, then serve.

Recipe provided by [Easy bubble and squeak recipe - BBC Food](#)

Supermarket savers

You can get all the Bubble and Squeak ingredients at:

LIDL who has some great pick of the week deals,

- 500g Brussel sprouts £0.19
- 1.5kg Mini roasting potatoes £0.19
- 500g parsnips £0.19
- 1kg Carrots £0.19



[Which.co.uk](#) have compared the cost traditional Christmas foods and found that Asda is the cheapest of the traditional supermarkets to shop for the full festive meal. You can get 10 popular Christmas foods for £30.72. Tesco came in second, at £32.07. The ingredients they compared were frozen medium turkey crown, a stock pot, sides of sprouts, potatoes, parsnips, red cabbage, carrots, cranberry sauce, stuffing, and a Christmas pudding.

Some supermarkets are offering extra ways to save money at Christmas:

- Throughout December **ASDA** are launching “winter warmer”, which is where people aged 60 and over can get soup, a bread roll and unlimited tea and coffees for £1 at the café in stores.
- Switch online supermarkets for a day to save at Christmas. For example, £15 off £60 for Sainsbury's first-time shoppers and £10 off a £50 shop for first online spend at Morrisons, until 31st December using code VOU8427019.

Top tips

Here are some tip tops to help you reduce the amount of food waste over the festive period

- If you end up cooking to much food this Christmas, simply place it in a container, label the date on it and then place in the freezer to reduce the amount of food waste.
- Always Check the Date and Make sure you are checking 'sell by' dates on everything you buy but remember you can still eat it if it's past its best before



You can visit [Love Food Hate Waste](#) to find out more top tips on how you can reduce food waste this winter.

Did you know that children who are eligible for free school meals can access holiday activities and food for free as part of the ease INTO Christmas programme. Check what's on, when and where here [Activities in your area | North Tyneside Council](#)

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