

Food North Tyneside



Recipes and ways to make your money go further.

You said, we did

You told us that we should set up a Facebook page so that you can more easily share the information. As a result of that feedback, we've set up a new Food North Tyneside Facebook page which you can find [here](#).

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... Mindstars

Mindstars partner with the wonderful Feeding Families to provide Emergency Food Parcels to families in need in North Tyneside.

Feeding Families is a charity based in North East, working closely with organisations such as Mindstars to ensure that thousands of families in desperate need have access to Emergency Food Boxes and support packages.

We are seeing a sharp rise in the number of families requiring this support in North Tyneside due to the financial crisis the country is facing, including many working families unable to make ends meet.



What's in the box?

Each box contains enough long-life food to support up to 2 people for 3 days. Each family receive the number of boxes required to support their family.

How can I access?

If you are facing financial difficulties, you can drop in for support Monday to Friday between 10am and 2pm. Mindstars Hub, Unit 17 Albion House, North Shields, NE29 0DW.

What else can I get support with?

Mindstars also run a period poverty project in partnership with COOP and are able to offer free sanitary products alongside the Emergency Food Parcels.

Recipe of the month

National bread week is a chance to celebrate real home-made bread. This year, it's from the 18th to 26th February (during half term) so it's the perfect chance to get the kids involved with making this recipe.

Ingredients:

- 500g strong wholemeal flour or strong white flour (or a mix),
- 7g sachet fast-action dried yeast
- 1g fine sea salt

Method:

- Mix the flour, yeast and salt in a large bowl and make a well in the middle
- Measure 350ml warm water and pour most of it into the well and mix together with your fingers or a wooden spoon until combined into a slightly wet, workable dough.
- Tip the dough onto a lightly floured surface and knead for at least 10 minutes until smooth and elastic
- Shape the dough into a large tight ball and place the ball on a square of greaseproof paper
- Lift the greaseproof paper (with the dough on it) into the slow cooker
- Cover with the lid and cook on high for 2 hours

You can find more of our slow cooker recipes here [Nutrition support | North Tyneside Council](#)

Supermarket savers

We've looked at where to get your bread ingredients from. You can get all the ingredients from ASDA, Morrisons, Sainsbury's or Tesco. ASDA comes in as the cheapest, at £3.10 for everything. Bear in mind that this covers a 1.5kg bag of flour, so you can make multiple batches of bread with one shop.

Why not get some toppings for your bread?

- Sun-Pat Smooth and Crunchy Peanut Butter are both reduced from £3 to £2.50 at [ASDA](#)
- Morrisons have reductions on a range of sandwich fillers, all reduced from £2.89 to £2.50, including [Coronation Chicken](#), [Egg Mayo](#), [Tuna and Sweetcorn](#) and [Cheese and Onion](#)



If you're planning on making pancakes next week, you can pick up:

- Lemons and Limes from [Lidl](#) for 89p, and blueberries for £1.19 (from 16/02/23)
- [Golden Syrup](#) from ASDA for £1, reduced from £1.30
- [Nutella](#) from Sainsbury's for £2, reduced from £3.15
- Bananas from [Aldi](#) for 59p

Top tips

National bread week is a good opportunity to think about how you can eat great bread and save money:

- You could try baking your own bread. It's cheaper, tastier, and it's fun! Making your own bread at home can cost half as much per loaf as what you would pay in the shops.
- Freeze your bread. Bread is one of the most wasted foods in the UK, with people throwing away 24 million slices per day. Freezing a loaf and taking out a slice at a time is a good way to avoid throwing the end of the loaf away. You can freeze bread in a sealed bag or container for up to 3 months.
- You can use up leftover bread by trying some of the recipes on [Love Food Hate Waste](#). For example, using end slices as mini pizza bases, bread and butter pudding and breadcrumbs.



Kids eat for free or for less at these places over February half term:

- ASDA have partnered with Quaker Oats to offer children a free bowl of Quaker porridge from 8am – 12pm every day. This is on top of the £1 kids main meal deal that was already in place!
- You can get a free Kid's Munch Meal, which is usually £4, at M&S café when you spend £5 on an adult meal from 13th – 24th February
- Kids eat free at Tesco Cafes with any purchase of 60p or more by an adult, from 13th – 24th February. Clubcard / app is required.
- At Morrisons, kids eat free with every adult meal over £4.99.
- Two kids get free breakfast at Beefeater and Brewers Fayre, with one paying adult.

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