

# Food North Tyneside



We are trialling a new monthly newsletter called Food North Tyneside that will bring you recipes, top tips, and ways to make your money go further. We aim to help you eat better for less.

As this is a practice run, we'd love to know your feedback and thoughts on what should be included in future and how we should make this information accessible. Click [here](#) to answer a few short questions or just respond to this email to let us know what you think.

## Spotlight on... The Bread and Butter Thing

**The Bread and Butter Thing** is the new affordable food hub that offers £35 worth of food for £7.50. Members get three bags of shopping, including fresh fruit and veg, chilled goods and cupboard essentials.

There are now four hubs across North Tyneside:

- Tuesday, 2:00pm: Longbenton Community Centre
- Wednesday, 1.30pm: Shiremoor Adventure Playground
- Thursday, 1.45pm: Fordley Primary School
- Friday, 1.30pm: Family Gateway



To sign up, text **07860 063 304** with your full name, postcode, and the name of the hub you will be collecting from, e.g. Longbenton, Shiremoor, Fordley or Family Gateway.

## Recipe of the month – Wraps

July is **National Picnic Month**, so what better time to try this easy recipe provided by North Tyneside Council's Public Health Team?

Ingredients (choose how much you want to use):

- Low fat cream cheese
- Wholemeal wraps
- Thin lean ham / vegetarian ham
- Grated carrot
- Cress
- Sweetcorn



Method:

- Place a wrap on your place and spread it with low fat soft cheese
- Add the toppings of your choice
- Roll the wrap into a sausage shape!

## Supermarket savers

Why not try these supermarket savers to make your money go further?

- Lidl's £1.50 'Waste Not' veg boxes are out first thing in the morning at the front of the store. (We tried it out and the box had a family pack of tomatoes, mushrooms, raspberries, green beans, five bananas, five potatoes, apricots, and a bag of carrots).
- From 21 July, pink lady apples for 29p and salad potatoes for 69p from Lidl.
- Strawberries for £1.19 at Aldi.
- Corn Cobs from Morrisons for 99p.

Here's where to get ingredients for our wraps recipe:

- Philadelphia soft cheese from Asda for £1, reduced from £1.95.
- ASDA Honey Roast Ham 16 slices for £1.25.
- Morrisons fusilli, 2 for £1.50.

Supermarket of the month:

- According to which.co.uk, **Aldi** was the cheapest supermarket of June 2022.



## Top tips

Did you know that kids eat for a lower cost, or for free, at these places over the summer?

- Asda Café – Kids eat for £1 every day with no need for a paying adult
- Brewers Fayre – Free breakfast for two children under 16 with every paying adult
- Buddha Lounge (Tynemouth) – Kids eat free every day with a paying adult
- Morrisons – Spend £4.99 to get a free kid's meal after 3pm daily
- Scott & Wilson (North Shields) – Kids eat free with a paying adult

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