

# 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](mailto:food@northtyneside.gov.uk)

## Spotlight on... ease INTO Easter

The ease INTO programme, funded by the Department for Education, offers free holiday activities and food to children who are eligible for income-related free school meals. At Easter, children across the borough can access four days of provision, including a nutritious meal every day.

Lots of the ease INTO Easter camps are focusing particularly on food. Meet the organisations who are teaching children and their families about healthy cooking:

**Kids Kitchen** are a company that holds children's cooking classes for pre-school and primary school children. Their core business purpose is to promote healthy eating and cooking from scratch. The recipes are designed to be value for money and include ingredients that are easy to access and nutritious.

**Dreamshine's Well-Beeing Hub and Café** supports the local community through affordable food and a membership scheme. Their Yummy Bees Cookery Club, running from 11<sup>th</sup> – 14<sup>th</sup> April, will teach children and their parents / carers different recipes from around the world. This is a great opportunity for parents / carers to spend quality time with their children and learn new skills.



**Whitley Bay High School's** Food and Nutrition team are running a brand-new club for 12 – 16-year-olds, on the 5<sup>th</sup> and 6<sup>th</sup> April, and 11<sup>th</sup> and 12<sup>th</sup> April from 10am – 2:30pm. Sessions will focus on nutrition, food health and safety and making recipes like pizza, bread, and homemade Nando's!

**North Tyneside Disability Forum** will be running a Kids Club for children with special educational needs and disabilities. Activities will include gardening, food prep, cooking and eating together, making health choices and learning about nutrition. NTFDF support 4 – 18 year olds who can access sessions independently and don't require personal care.



Parents and carers can find out more about the programme, register and sign their children up to the sessions here: [ease INTO](#)

## Recipe of the month

As part of the ease INTO programme, a 'Food for Thought' booklet was developed to help parents, children and young people learn all about food. The booklet comes with lots of recipes, including this chilli con carne recipe provided by the Public Health team, which serves 4.

Ingredients:

- 450g minced beef (or lamb, pork, or turkey)
- 2 carrots, diced
- 2 onions, diced (try frozen ones for speed!)
- 100g mushrooms, sliced
- 1-2 teaspoon chilli powder
- 400g tin of chopped tomatoes
- 400g tin of kidney beans, baked beans or chickpeas
- 1 tablespoon of tomato puree
- 1 clove of garlic



Method:

1. Brown the mince in a large saucepan for 5 minutes, stirring all the time, drain off any excess fat.
2. Add the onion, carrot, mushrooms, chilli powder, and garlic and stir well, cook for a few minutes
3. Add the chopped tomatoes and tomato puree
4. Bring to the boil and simmer gently for 30 minutes, stirring occasionally.
5. Drain and rinse the beans and add to the mince mixture, cook for a further 5 minutes.

6. Serve with boiled rice, a baked potato, garlic bread, or nachos.

You can find the full booklet [here](#)

## Supermarket savers

The cheapest supermarket to get all the ingredients for chilli con carne is Aldi, at £5.94 for everything. Sainsbury's came in second, at £6.64.

The top offers we've found this week are:

- Sainsbury's Roast in the Bag British Whole Fresh [Chicken](#) for £4.75, reduced from £5.75.
- Sainsbury's Royal Gala [Apples](#) x 6, reduced from £1.70 to 85p.
- Kellogg's products are on offer at Asda, with [Chocolate and Hazelnut](#) and [Caramelised Nuts](#) granola reduced from £3 to £2.50, and [Nutri-Grain Bakes Raisin Snack Bar](#) reduced from £2.50 to £1.50.
- Morrisons have 3 for the price of 2 on [Strawberries](#), [Blueberries](#), [Grapes](#), [Pink Lady Apples](#) and [Oranges](#).
- Check Lidl's Pick of the Week [here](#), with offers on lemons, asparagus, melons, oranges, chicken and more.
- Aldi's [Super 6](#) this week are potatoes, kiwi, easy peelers, apples, mini bears and spring onions.

Our supermarkets of the month are **Iceland** and **Asda**, who both have helpful deals for over 60s. At Asda, over 60s can get soup, a roll and unlimited teas and coffees for just £1 in any Asda café as part of the winter warmer initiative. Meanwhile at Iceland, over 60s can get 10% off their shopping every Tuesday, with no minimum spend. A valid form of ID will be needed to take advantage of this.

## Top tips

Food waste action week was last week, the theme was 'win, don't bin', and we picked up loads of top tips for reducing food waste:

- Storing food correctly makes it last longer. You should store most fresh produce in the fridge, apart from bananas, pineapples and onions. Make sure the temperature is set to 5 degrees Celsius or lower.
- Make the most of what you do buy. For example, you can keep the skins on carrots and potatoes (they're full of nutrients) and leftover bones can be boiled with herbs to make stock.
- Think before you shop by checking the fridge, freezer and cupboards just before you leave for the shop.
- Freeze leftovers safely by: cooling the food first, separating into portions, labelling with what it is and the date it was frozen, and using within 6 months.

Check the [Love Food Hate Waste website](#) for loads of tips and recipes.

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