

Food North Tyneside



Recipes and ways to make your money go further.

We hope you are enjoying the Food North Tyneside newsletter. 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... Wallsend Pop-Up Pantry

Newcastle **Pop Up Pantry** is a food co-operative where members can save 50% or more on the price of food sold in the pantry. There are currently pop-ups in a number of locations:

- Wallsend Life Vineyard Church – Fridays 10am – 12pm
- Shieldfield Pantry, Shieldfield Art Works, 1 Clarence Street, Shieldfield – Wednesdays 10am – 12pm
- Benwell Pantry, St John's Road, Newcastle – Thursdays 11am – 1pm
- Fenham Library, Fenhal Hall Drive - Mondays 10am – 12pm



The pantry is not only an opportunity to save money on your food shop, but a chance to get support, advice and a cup of tea.

Recipe of the month

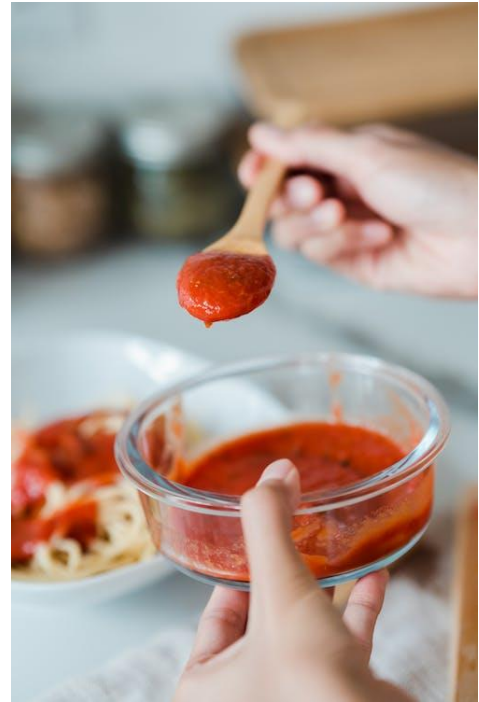
At the beginning of this month, it was national Zero Waste Week. Following on from this, this month's recipe is hidden vegetable tomato sauce which can be used for stews, pasta, homemade pizza topping, chill and much more. Also, the sauce can then be frozen if there is any left over and reused with another meal.

Ingredients

- One bag of frozen mixed vegetables or any leftover vegetables.
- One bag of frozen diced/diced onions
- Fresh tomatoes or four tinned of chopped tomatoes
- Sunflower oil
- Dried basil
- Italian herbs
- Salt and pepper

Method

- Drizzle oil in a deep pan and add the fresh or tinned tomatoes, onions, herbs, and salt & pepper.
- Cook for 15 minutes until onions have gone soft.
- Add in your bag of frozen vegetables and simmer for 20 minutes.
- Hand blend until you can no longer see the vegetables and your sauce is thick.



Recipe provided by Justice Prince CIC

Supermarket savers

This month, you can pack your hidden tomato vegetable soup with ingredients from:



- **Aldi's** super six vegetables this week are 1kg nature picked salad potatoes £0.69, sugar snap peas £0.69, 450g specially selected tomato regal vine £1.29, white seedless grapes £0.99, 6 pack of pink lady apples £1.59, 4 pack of garlic £0.49.
- **Asda** 1kg bag of frozen veg price locked at £1.25
- **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).
- **Tesco** tinned tomatoes 400g £0.28p

Our **Supermarket of the Month** is a tie-breaker between Morrisons and Asda, who have recipe bundles which help you plan meals and save money. This is also a great way to reduce food waste by making sure you only get what you need. Why not try:

- **Morrisons Bangers and Mash** for £3.99, reduced from £7.41. You can check all the ingredients [here](#).
- **Asda** have a range of recipes including easy butternut squash pasta for four, for just £4.31. You can look at all their recipes [here](#).

Top tips

Following the theme of zero food waste week, here are some top tips you could follow:

- If you have food left over from a meal you have prepared and cooked, simply place it in a container, label the date on it and then place in the freezer.
- Buy your vegetables individually and then you can pick up the right quantity you need to cook with.
- Check The Date. 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.
- Often food becomes spoiled due to poor storage. Get yourself some airtight containers to store things like crisps or cereal etc. and this will stop it from going stale.
- If you often end up throwing away the last few slices of bread, why not store them in the freezer and toast them or thaw slice by slice.
- Go to [Love Food Hate Waste](#) to find out more top tips on reducing food waste.



To check what can be recycled in North Tyneside and how to reduce your waste, check out our A-Z of rubbish guide [here](#).

To unsubscribe, reply with STOP.