

Feeding your family on a budget



*Making the most of
your food parcel*

Eat Tasty Eat healthy

This booklet will help you create healthy, tasty food, based on the contents of your food parcel and a few extras that you will need to add yourself. It will also help you to think about food waste and how you can reduce the amount of food you throw away.

Did you know that in Kirklees around a third of our bins are full of food waste? Most of this is food that we could have eaten!

Nationally, the average family with children throws away £60 worth of food a month, that's more than £700 per year!

This pack will help you waste less food and save more money.

Inside this pack you will find useful recipes, ingredients to cook with and tools that can be used to reduce the amount of food you throw away. If you are interested in learning more about how to save food visit

www.lovefoodhatewaste.com

If you need additional support with budgeting and saving money, The Welcome Centre can provide one to one support to help you – just call in and speak to our receptionist.

Have a look at the recipes inside and have a go at making them using some of the ingredients and tools we have provided.

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Recipes - How to Cook basics



Rice

1. Measure the dry rice in a jug/measurer.(up to the 100ml mark for 1 person)
2. Wash and rinse the rice really well, until the water is clear.
3. Drain.
4. Place in a saucepan with double the amount of water and a little salt and stir once. Bring to the boil, then turn the heat all the way down and cover the pan tightly with a lid.
5. Cook on the lowest heat possible for at least 10-15 mins (or the cooking time) on the packet instructions without uncovering the pan.
6. Use a fork to fluff up the cooked rice.

Pasta

1. Boil water in a large pot, to prevent it sticking together, use at least 4 litres of water for every 500g of pasta (between 75 and 125 grams per person).
2. Place pasta into boiling water. If you are cooking spaghetti don't break the pasta; it will soften up within 30 seconds and fit into the pot.
3. As the pasta starts to cook, stir it well with a spoon or tongs to prevent it from sticking.
4. Test the pasta by tasting it. Follow the cooking time on the package, but always taste pasta before draining to make sure the texture is right. Pasta cooked properly should be al dente—slightly chewy.
5. Drain cooked pasta well in a colander or sieve and serve.
6. When cooked pasta has cooled it should be stored in a sealed container or bag and put in the fridge.



Basic Tomato Sauce

(Serves 4)

Ingredients

1 tbsp. Sunflower oil

1 onion, peeled and chopped

2 cloves of garlic, peeled and finely chopped

2 x 400g tins of chopped tomatoes

½ tsp. of mixed herbs

black pepper to taste

100ml of stock - using boiling water add 1 veg stock cube (or 1 tsp of powdered stock)



Method

1. Heat the oil in a saucepan and add the chopped onion.
2. Stir in the garlic and cook on a medium heat until the onions are clear and softened.
3. Add the tomatoes and stir thoroughly with the onions.
4. Add the mixed herbs and season with black pepper (to taste).
5. Dissolve the stock into 100ml of water and then add this to the tomato mixture.
6. Cook gently for 20 minutes or until the liquid has reduced to a sauce consistency; stirring occasionally to prevent it from burning.
7. Remove from the heat and serve, or divide into portions, cool within 90 minutes and either put into the fridge, or allow cooling completely and placing in a container and freeze. This can be used with pasta, chilli or even on homemade pizzas.



Quick and easy recipes

Tuna and Vegetable Pasta Bake (serves 2)

Ingredients

Basic tomato sauce (see tomato sauce recipe previous page)

1 x 160g can of tuna chunks (for vegetarians substitute for chickpeas)

175g of penne pasta- dry weight

1x can of mixed vegetables

1x can of sweetcorn

100g of strong cheese, grated



Method

- 1 Start by making the basic tomato sauce in a medium sized saucepan.
- 2 Drain the canned vegetables and the sweetcorn and add these to the tomato sauce.
- 3 In the meantime cook the pasta (see recipe above in basics section) or following pack instructions.
- 4 Heat the grill. Mix the tomato sauce (along with the added vegetables) with the cooked pasta, and now add the drained tuna and mix all together.
- 5 Tip into an ovenproof dish and sprinkle on the cheese.
- 6 Grill, not too close to the heat, for about 4-6 mins until golden and bubbling. Serve with a big side salad, if you like.

Food Saving Tip – Did you know that you can freeze cheese if you want to keep it for longer- grate and freeze - this is perfect cold for lunch the next day – you could add some salad leaves too!

Sausage Stew (serves 4)

Ingredients

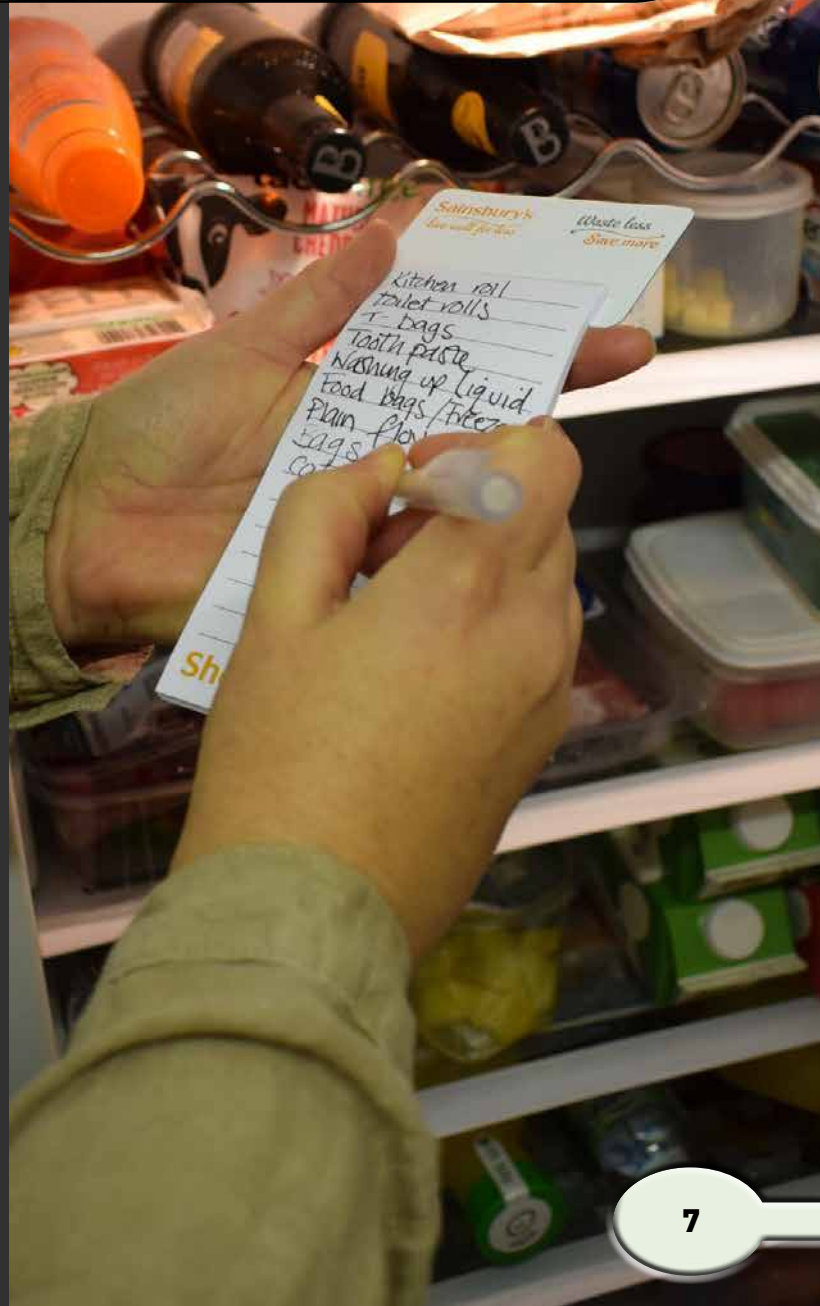
- 1 tbsp. of Sunflower oil
- 6 sausages each chopped into 3 or 4 sections (choose sausages with a high meat content or look for lower fat options eg quorn/ vegetarian)
- 1 x tin mixed vegetables
- 400g tinned potatoes, washed and roughly chopped
- 1 onion, peeled and roughly chopped
- ½ tsp of mixed dried herbs
- 150g dried red lentils or 400g can of mixed beans
- 1x 400g chopped tomatoes
- 400ml of vegetable stock



Method

- 1 Heat the sunflower oil in a large pan. Prick the sausages and sizzle over a low heat for a few minutes until brown.
- 2 Add the mixed vegetables, potatoes and onion to the pan, stir and cook until softened. Add the dried herbs.
- 3 Add the lentils (or mixed beans), chopped tomatoes, and vegetable stock. Bring to the boil and then simmer for 25 minutes until the lentils are tender and the sausages are cooked through.

Food Saving tip – Making a stew is a great way to use up left over vegetables. Any left-over stew can be cooled within 90 minutes and kept in the fridge for up to 3 days. Or freeze and use within 3 months.



Pasta and Sardines (serves 2)

Ingredients

- 160g of spaghetti
- 1 x 125g tin of sardines (or mackerel) in oil
- Zest of 1 lemon (optional)
- 1 onion, peeled and finely sliced
- 1 clove of garlic, peeled and finely sliced
- 50g tinned vegetables
- ½ tsp of lemon juice
- Chopped fresh parsley (optional)



Method

- 1 Cook Pasta as in above, "How to cook Pasta recipe".
- 2 While the pasta is cooking, drain the sardines; reserve the oil from the tin.
- 3 Place the oil in a small frying pan, add the lemon zest to the pan, reserving some for garnish.
- 4 Add the onion and garlic to the pan. Cook on a low heat until the onions and garlic are soft and translucent. Do not let them brown (if they look like they are starting to colour add a little more oil and a splash of water).
- 5 Add the sardines and vegetables to the pan. Stir frequently with a wooden spoon. Season to taste.
- 6 Drain the pasta and reserve some of the cooking water. Combine and serve with the lemon zest and parsley. Use a small amount of the cooking water from the pasta to thin the sauce as needed.



Food saving tip – revive parsley if it's gone limp by putting it in ice and water – soak for about 15 minutes. If using herbs in a pot from the supermarket, you can plant them outside to start your own herb garden.



Spanish Omelette (serves 4)

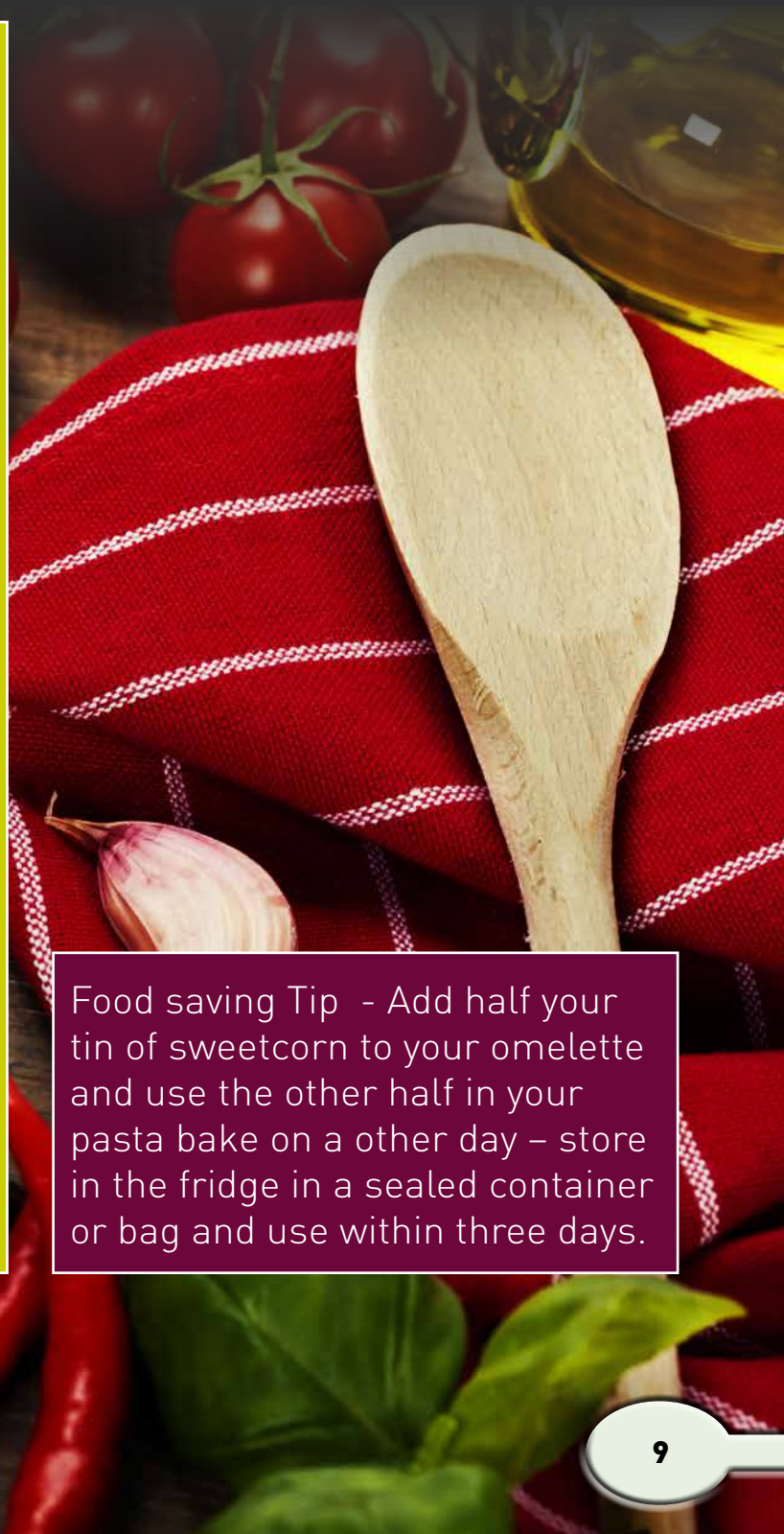
Ingredients

- 1 medium onion, peeled and finely sliced
- 1 500g tin of potatoes (alternatively fresh potatoes peeled and chopped), drained and dried well and thinly sliced
- 1 tablespoon of sunflower oil
- 6 large eggs
- Black pepper



Method

- 1 Heat 1 tablespoon of oil in a medium frying pan. Add onion and potatoes, sprinkle with pepper and cook slowly on a low heat until tender- about 10 minutes (30minutes if you are using fresh potatoes). Partially cover the pan with a lid, this will help the potatoes and onions to stew. Stir regularly to ensure even cooking.
- 2 Break the eggs in to a separate bowl. Mix with pepper and beat well with a fork or whisk.
- 3 When the potatoes and onions are cooked remove from the pan and drain, reserving any oil from the pan.
- 4 Allow to cool slightly and then add the potatoes and onions to the egg mixture.
- 5 In a frying pan (about 20cm in diameter). Heat the remaining oil and any that is reserved from cooking the potatoes and onion.
- 6 Add the egg mixture to the pan and cook on a moderate heat, using a spatula to shape the omelette. Cook the omelette on a low to medium heat until completely set- about 20-30 minutes.
- 7 Try adding additional vegetables to this omelette, peppers and aubergines are fantastic in this. Or tinned vegetables such sweetcorn would also work well.
- 8 Left overs can be refrigerated and eaten cold, for lunch or evening meal within 3 days.



Food saving Tip - Add half your tin of sweetcorn to your omelette and use the other half in your pasta bake on a other day – store in the fridge in a sealed container or bag and use within three days.

Fishcakes (makes 4)



Ingredients

500g tinned potatoes drained (or fresh potatoes peeled and chopped),

2x 125g tinned sardines (or mackerel or tuna), drained and broken up with a fork in a small bowl

A bunch of spring onions or 1 medium onion, finely chopped

A handful of fresh parsley OR ¼ teaspoon of mixed dried herbs

2 slices of bread, preferably wholemeal or granary (this is a good way to use up old bread) - grated or blitzed in a blender to form crumbs.

1 tbsp of plain flour (if you have some handy use wholemeal instead)

1 egg, beaten in a separate bowl

2 tbsp oil

Method

- 1 Preheat the oven to 180C/ gas mark 4.
- 2 Place the tinned potatoes in a saucepan of water, bring to the boil and then simmer on a medium heat for 5-10 minutes until very soft (30mins for fresh potatoes).
- 3 Drain the potatoes and mash with potato masher or fork until smooth. Add the sardines, salt and onion and herbs. Mix well.
- 4 Place the mixture in the fridge and chill for at least 30 minutes (this is important to help keep the fishcakes together during cooking).
- 5 After the mixture is chilled remove from the fridge, divide in to 6 even sized balls and form patties.
- 6 With floured hands, take one of the patties, dip in the bowl with beaten egg and then dip in the bowl of breadcrumbs and flour on both sides and around the edges. Repeat with the other patties.
- 7 Place on a baking sheet and cook for 15-20 minutes until golden brown.
- ∞ Serve with a simple salad, tomato salad or any vegetables.

Cottage Pie (serves 4-6)

Ingredients

- ½ tbsp. sunflower oil
- 1 large onion, chopped
- 500g Lean beef mince
- 1 tin of tomatoes- optional
- 3 tbsp. dried red lentils
- 1 tinned carrots or mixed vegetables, drained
- 1 stock cube, water to make up to 500mls stock
- 2 500g tinned potatoes or (1 kg potatoes, peeled and chopped into pie



Method

1. Pre heat the oven to 200 c/180 c Fan/gas 6.
2. If using fresh potatoes, boil the potatoes in a large pan of water for 15-20 minutes, drain and mash, put to one side.
3. Place oil in a large pan, add the onion and gently cook for 5 minutes. Add the minced beef and cook for 5 minutes, stirring until the meat is all brown.
4. Stir in the tinned tomatoes, if using, add the stock, mixed vegetables and lentils, bring to the boil, cover the pan and turn the hob to low, cooking for 10 minutes, check and stir so that the meat doesn't burn.
5. Place the meat mixture into an oven proof dish; spread the mashed potatoes over the top. Place in the oven for 30 minutes, check that the meat is cooked before serving.

Serve with your favourite vegetables.

Food Saving tip – Any left-over cooked mince can be popped in the fridge or freezer when cold and used later in the week. It is very versatile; for a spaghetti Bolognese sauce add tomato puree and mixed herbs or for a Chilli-con-carne add chilli powder, left over baked beans and paprika when heating.

Microwave Rice Pudding

(serves 3-4 depends in coffee sized of mug)



Ingredients

½ mug brown long grain rice

2 mugs of milk or (evaporated milk and water, to make up to 2 beakers)

1 level tbsp sugar (no need to add sugar if using evaporated milk)

1 tbsp margarine

Tinned peaches, drained

Food Saving tip - This quick milk pudding is a great way to use up milk that is nearing its use by date.

Method

- 1 Measure rice, milk and margarine and place in a large microwavable bowl.
- 2 Cook at high for 6 minutes, stir and cook for a further 6 minutes, cover the bowl with a plate and leave to stand for 5 minutes. Add sugar before cooking for 6 minutes.
- 3 Serve with tinned peaches or your favourite fruit.

Additions- add a tablespoon of dried fruit, sultanas or chopped apricots before the final 6 minutes of cooking.



Food Saver tools:

The following tools are included in the pack

- Fridge thermometer
- Can lid
- Food bag clips
- Pasta measurer



Eyes bigger than your belly?

Portion size is one of the biggest contributors to food waste, whether it be cooking a huge pan of rice that would feed an army or boiling enough spaghetti to feed southern Italy. We all fall into the trap of making too much food but there are loads of great tools and tips available to help with making sure your portion sizes are right for you (some are provided with this pack – see above).

How to use Food Saver Tools:

Pasta measurer – find the right sized hole for the number of people eating and place your spaghetti in the centre (standing vertically), when the pasta fills the hole you're ready to go.

Can lid – only need half a tin of food? Save half by putting the air-tight lid on to seal; this will save just fine in the fridge for the three days.

Freezer bag clip – reseal open bags of dried food with these bag clips to keep things fresher for longer and prevent spillages. You can also use them with freezer bags and keep fresh food for longer in the fridge or freezer. Remember to use leftovers from the fridge within 3 days and leftover frozen food within 3-6 months.

Fridge Thermometer - Place this at the bottom of your fridge. The thermometer has a black circle which turns green and reads 'OK' if your fridge is set at the ideal temperature. If it remains black the temperature needs adjusting.

Waste less, Save more hints and tips

Reducing food waste is easy with just a few simple changes to the way we buy, use and store food.

Plan - Shop Smart

Use any of the following tips and start Shopping Smart today:

Learn to love a list. Having a list in the kitchen that you can add staple foods to means there will be nothing missed from the weekly shop. Always take your list with you and tick off items as you shop.

Shop hAppy. There are some great shopping list apps for mobiles and tablets, they can be downloaded for free (always check before downloading). On your device visit the app store and download which ever suits you best. Remember downloading apps will use mobile data if you are not connected to WiFi, always check your mobile data plan before downloading apps.

Stick it on the fridge. Have a meal planner on the fridge that you can add to throughout the week. This will make it much easier to create your shopping list before you head off to the shops.

Take a 'shelfie'. It's easy to forget what you have in the fridge when you're out and about, why not take a 'shelfie' so you know exactly what's in. Taking a picture on your phone of your fridge or cupboards is a good way of stopping you from buying stuff you already have at home.

Buy smart

Once you have planned your purchases to perfection you are ready to take on the supermarket! We have put together a useful guide that makes shopping that little bit easier.

BOGOF! Don't get sucked into buying items because of the all singing all dancing offers, always check the value per pence according to the weight or size of the item, this will usually be found in small print on the item tag stuck on the shelf.

Hang loose. Choose loose items such as fruit and veg so you have better control on portion size; they are often cheaper than the prepacked items too.

Armchair shopping. Have a look around online for deals and new customer offers. Shopping online is a great way to avoid buy things just catch your eye. Stick to your list and use the search function to just view the items you need.



A date with destiny.

Always check the best before and use by dates on food products. Consult your meal planner; if the item/ingredient is to be used within the next couple of days choose the shortest date on the shelf (to avoid it being wasted at the supermarket). If you plan to use the later in the week, select the longest date available.

There are that many different labels, dates, and numbers on foods these days it's hard to know what they all mean. We have put together a useful guide that will show you what you are looking for and where to find it when you are buying food.

Best Before;

Use your loaf! Best before dates refer to the quality of the food, not whether it is safe to eat or not. Products that have passed their best before date may still be fine to eat; it just means they may no longer be at their best. If the product smells, looks, and feels OK then it is good to eat even after the Best Before date.

Use-by;

Use-by or else! These dates refer to the safety of eating food. You are fine to eat products up to the end of this date but not after, even if you think it looks or smells OK. Always respect, and adhere to, the use-by dates on food packaging.



Display until and sell by;

Forget about it! These dates are for shop staff members only; just concentrate on the Best Before and Use-by dates.



Store Cupboard Essentials



Cooking Oil

(there are lots of different types to choose from!)



Garlic



Salt and Pepper

**Dried Herbs
and Spices**



Chopped Tomatoes

Tomato Puree



Stock Cubes