



eating



well

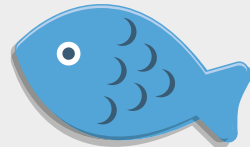


on a



FREEZE

budget



Brighton & Hove

FOOD
Partnership

www.bhfood.org.uk

Top tips to make yo

1 Cook from scratch

Cooking from scratch nearly always saves money. We have lots of ideas for budget bites on our website and some in this booklet.

2 Shop around

It is worth comparing different shops and supermarkets. Shop online – regular items are saved in a list, so you can save time and avoid temptation.

3 Choose your times

Don't go shopping when you are hungry and try to leave the kids at home! Find out when your local supermarket has its reduction times so you can pick up a bargain.

4 Plan your weekly meals

Plan some recipes for the week ahead based on what you already have in your cupboards. Then work out a shopping list – so you only buy what you need.

5 Don't waste food

Freeze leftover portions and use up ingredients instead of throwing them out – stale bread can be used for fish cakes, treacle tart, eggy bread and even soup.

6 Shop smart

Frozen or tinned fruit and veg are as nutritious as fresh but usually cheaper and longer lasting. Tinned oily fish like sardines and salmon still contain heart-friendly omega-3 fatty acids.

7 Eat less meat

Dried beans or pulses cost less than meat and will help you cut down on saturated fat.

8 Be smart with your discounts

Supermarkets reduce prices on products close to their sell by date and websites such as www.approvedfood.co.uk offer deals on food past its 'best before' but not its 'use by' date. But be sure that you'll eat everything – there's no cost saving from food that gets thrown away.



ur money go further

Example weekly shopping list for store cupboard essentials - £35 for a family of 4

8 onions

2 bulbs of garlic

1k Potatoes

1.5k carrots

1 bunch of celery

3 large apples (cooking or eating ones are fine)

1 medium bag of frozen peas

2 Pints of milk

A pack of 6 eggs

A packet of butter

About 100g Cheese

1k Pasta

A bag of flour

A bottle of oil

Stock cubes

500g Lentils

4 tins of beans

500g Rice

A 1.5 kg bag of oats

6 tins of tomatoes

Black pepper and salt

A small bag of sugar

Tomato Puree

A 1.5 kg bag of oats will last for ages and is really cheap. You could have porridge every morning for a week.

Frozen veg is just as nutritious as fresh but won't go off.

Why not try the Open Market on London Road. It can work out cheaper as they can sell in smaller quantities so you only buy what you need.

It is good to have spices: cumin, coriander, curry powder, chilli powder etc in the cupboard. They last for ages and make meals taste more exciting.

Cheap healthy recipes

Vegetable Omelette

Serves: 

Ingredients

- 225g Potatoes – scrubbed but not peeled
- 1 onion – peeled and sliced
- 1 teaspoon oil
- Any veg you want to use – frozen peas, leftover or seasonal vegetables, chopped
- 60g grated cheddar cheese (optional)
- 4 free range eggs
- 2 tablespoons water or milk
- Salt and Pepper
- 1 tablespoon dried herbs (optional)
- 1 teaspoon butter
- Tomato Puree

Method

1. Cook the potatoes in boiling water until they are tender – about 10 minutes, drain them and cut into chunks or slices.
2. Heat the oil in a large non-stick frying pan and fry the onions over a low heat for 8 minutes.
3. Add the vegetables you want to use to the pan.
4. Stir and fry for 5-10 minutes, allowing the veg to soften slightly.
5. Add the cooked potatoes and fry for 2-3 minutes – don't let them get too brown.
6. Turn on the grill to pre-heat it.
7. Beat the eggs with the milk or water, a little salt and pepper, and tip in the contents of the frying pan plus half the cheese and the chopped herbs. Mix well.
8. Wipe the pan and heat a little more oil and butter in it until it starts to foam. Tip in the veg and egg mixture.
9. Cook over a low heat for about 10 minutes; as the egg sets around the edge, tilt the pan to allow the liquid egg to flow underneath.
10. Sprinkle remaining cheese over the top and place the pan under the grill, until the egg is set and the cheese starts to bubble and turn brown.
11. Loosen around the edges and turn out onto a plate, or serve directly from the pan.



Vegetarian Chilli and Rice

Serves: 

Ingredients

- 1 onion
- 2 tablespoons oil
- 4 cloves garlic peeled
- 1-2 green chillies
- Half a teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 bay leaf
- Black pepper, sugar and salt
- 225g/8 oz red lentils
- 1 tablespoon tomato puree
- 1 x 400g tin chopped tomatoes
- 1 x 400g tin red kidney beans, drained and rinsed
- 1 mug vegetable stock
- Salt and pepper

Method

1. Finely chop the onion.
2. Heat the oil in a saucepan and add the onion.
3. Stir and fry over a low heat for 8 minutes till the onion is soft but not brown.
4. Finely chop the garlic and chilli pepper and add. Stir for 2 mins.
5. Stir in the spices, bay leaf, pepper and a large pinch of sugar and salt.
6. Add lentils, fry them with the onion mix for a couple of minutes.
7. Add the puree, tinned tomatoes, kidney beans and stock, mix well and bring to the boil.
8. Turn the heat right down, cover the pan and let it simmer for at least half an hour.
9. Check during this time – if it seems too dry, add a little water.
10. Taste and season to your liking.

TIP: You can use 1/4 to 1/2 teaspoon of chilli powder instead of fresh chillies, skip the bay leaf and tomato puree and use whichever spices you have.



Apple Crumble

Serves: 🍌🍌🍌

Ingredients

- 800g apples or any fruit
- 2 tablespoons water
- 130g flour
- 75g caster sugar
- 50g butter or margarine (at room temperature)
- 1.5 tablespoons granulated sugar

Method

1. Preheat the oven to 180°C (gas mark 4, 350°F). Peel, core and slice the apples.
2. Place the apples in a baking dish, and sprinkle with granulated sugar and two tablespoons of water. Mix them together with hands.
3. In a bowl place the flour, caster sugar and butter. Rub together

using your fingertips until the mixture resembles breadcrumbs.

4. Cover the fruit with the crumble mixture.
5. Bake for about 45 minutes, until the crumble is browned and the apple is tender. Serve hot or cold.

TIP: You can use any leftover or tinned fruit in this recipe if you don't have apples.



Money-saving tips

TIP: Try using local seasonal food as it is often cheaper in shops.

TIP: Revive wilted root vegetables or green veg by placing them in a container of water for a couple of hours.

TIP: Freeze any leftover portions afterwards and eat another time.

TIP: Bake a pudding at the same time as an oven-cooked main meal so you use less energy.

Other ideas

We have lots of budget recipes available on our website go to www.bhfood.org.uk/recipes

Carrot and lentil soup

You could add ginger and coriander to this if you can afford it but it will be lovely without.

Pea soup

Use more of the frozen peas.

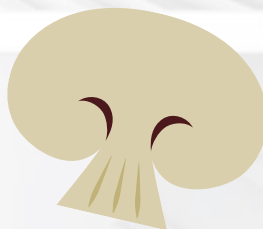
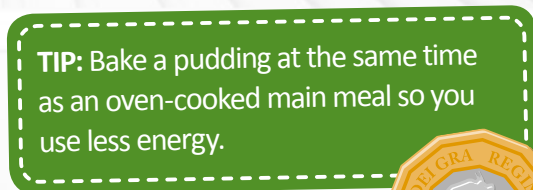
Tomato sauce and pasta

Be creative and use up any leftover vegetables in the sauce.

Pasta bake

You can add pasta and tomato sauce to a tray, top it with cheese and bake.

For more information visit www.bhfood.org.uk/eating-on-a-budget



Further support

If you or any one you know needs help to buy food, the following organisations and services may be able to help:

- Seek advice on managing your money: contact the Moneyworks helpline on **0800 988 7037** or **01273 909288** – they can also refer you to the nearest food bank or other support in an emergency.
- If you are on benefits, are pregnant or have children under four: you could get Healthy Start Vouchers to buy milk, fruit and vegetables. You also qualify if you are under 18 and pregnant even if you are not on benefits. You can apply online or call **0345 607 6823** – or ask your midwife or health visitor.
- If you are eligible for a benefit or tax credit and facing some kind of emergency: you can apply for help from the Local Discretionary Fund by calling **01273 293117**
- Head to the Brighton Unemployed Centre's Families Project for a low cost meal or to buy low cost dried goods from their food co-op (Tues - Fri 10.30am-12.30pm).
- The Food Partnership can provide workshops and training courses on learning to cook, healthy eating and reducing food waste. There is also information about places to go for free or low-cost food on our website.

The Brighton & Hove Food Partnership is a not-for-profit organisation that campaigns on local food poverty and other food issues.

Sign up for free and keep up-to-date with food news and events in the city.
01273 431 700 info@bhfood.org.uk www.bhfood.org.uk

Brighton & Hove

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