



NEWSLETTER

16th December 2022

Dear parents and carers,

We hope that you enjoy the end of term 'bumper edition' of the Dean Trust Ardwick Newsletter. It contains all the highlights from the very busy end to the Winter Term, including lots of trips, achievements and celebrations. Additionally, we have provided parents with lots of useful information to help you overcome some of the challenges of the winter months.



Mr S.
Worthington
Headteacher

It has been a very positive start to the academic year. The majority of our pupils continue to demonstrate dedication to their education; attending school every day, on-time and ready to learn; behaving well; working to the best of their ability. All parents should now have received reports, providing an update on the behaviour, attitude and progress of their child. Can parents and carers please check their e-mail and the My Child at School App for these reports?

If parents and carers haven't already, it is essential to download the My Child at School App so that we can improve our school-home communication. We have now changed the on-line system for catering payments, meaning that parents are no longer able to use Parent Pay. Parents and carers are now required to make payments via the My Child at School App. There is further information inside this week's newsletter.

School closes today and we will reopen at the normal time, on Tuesday 3rd January. It is essential that pupils are on time and return on the very first day back. Parents and carers of Year 11, please note that GCSE mock examinations start on the 9th January and Parents Evening is on the 19th January.

I would like to take this opportunity to thank you all for your continued support and to wish pupils an enjoyable and well-deserved break. I look forward to seeing you all in the new year.

With best wishes,

Mr S. Worthington

Safeguarding Tip: The cost of living is having an impact on many families. Please visit manchester.gov.uk/helpinghands for signposting purposes or for further information for yourself, friends and family

Diary Dates

Christmas Holidays	16 th December
Return to School	3 rd January
Year 11 Parents Evening	19 th January
The Lion King Trip	25 th January

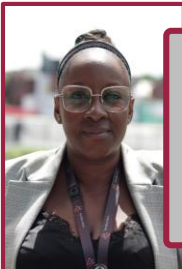


Head of Year Messages



Year 7 – Mr Bridden *We are at the end of term!*

As we have reached our final week of the term, I would like to thank you all for your continued support in ensuring your children are in school every day receiving their education. It is meant to be cold in this final week so please encourage your children to wrap up on the way to school.



Year 8 – Mrs Rashford *Well done to those who got the role!*

Congratulations to our newly appointed Year 8 Charity Leaders. There were some very strong applications to select from and over 30 pupils applied! They will be working alongside staff and pupils in promoting fundraising charity events at Dean Trust Ardwick. We cannot wait to see what they do first!



Year 9 – Mr Smith *Year 9 have started the Reach Out Programme!*

The Reach Out Programme is now in full swing and we have over 30 pupils each week participating. The programme aims to further develop the pupils character traits that will help to equip them in all aspects of life. Below are some of the highlights from this week. The mentees took part in the Dragon's Den activity. Radiyah presented some great ideas to her group during the preliminary brainstorming phase, but used her self-control when the group went with another idea. Zohaib had a great economic focus throughout the activity, and was using his good judgement to think of multiple streams of revenue to maximise profit. This week the group also did some goal setting. Ayesha, Radiyah and Samia set academically focussed goals, whereas Zohaib and Princess set goals to increase their physical activity.



Year 10 – Mr Diaz *Enjoy a well-earned rest, Year 10!*

This week we have celebrated pupil achievements and successes during this term, it has been great to reminisce on what Year 10 have been involved in; from joining in fundraisers, taking part in extra curricular activities and events such as the DTA World Cup games, High School Musical school show and more. Year 10 have also been busy this half term completing assessments in their lessons, parents/carers will receive this terms' reports momentarily electronically. We look forward to next term, with GCSE Mock Exams soon approaching, it is important for pupils to begin making plans on a revision timetable and get into the habit of spending some time at home revisiting learning so it remains in their long term memory. After school clubs will support your child's learning, if your child is struggling with a particular subject, please ask your child to speak to their teacher in the first instance. For now, I wish you all a happy and joyful festive season and a Happy New Year, 2023. I look forward to welcoming pupils on Tuesday, 3rd January.



Year 11 – Mr Chetwyn *Year 11 revision is underway!*

Year 11 have had another fantastic week! We have had Christmas Jumper Day and staff have loved seeing your jumpers. Thank you for all the money that was donated to Save the Children. The revision curriculum has also been launched for Year 11. All pupils have now received their revision booklets. Pupils are expected to have these books in every day and out on the desk in every lesson. Please could parents and carers remind pupils to do this as your support is always appreciated. We have had 5 lucky Year 11s win vouchers for simply using their booklets effectively in lesson. Next week this could be you! Attendance dropped this week in Year 11 – please can we make sure that we are getting in to school to maximise learning time in the classroom.



School Messages

Charity Leaders

Well done to everyone who applied!

Pupils at DTA have had the opportunity to apply for the role of Charity Leader. All of the applications were brilliant and the successful candidates have now been chosen. Congratulations to those who have been selected and well done to all of the pupils who applied. Below is the application submitted by Year 8 pupil, Wasay. Wasay's application is particularly thoughtful and mature and he was successful in getting the role! We look forward to seeing what our Charity Leaders do first!

Dear Sir / Madam

I am a standards-driven, positive and enthusiastic pupil who will exceed expectations in the role of a charity leader. I have much experience in similar roles which require the same characteristics and work ethic.

- Debate Mate (4 consecutive years)
- Primary School football team (3 consecutive years)
- Form Representative (2 consecutive years)
- Volunteer work at Armitage CofE Primary
- Volunteer work at my local community café
- Help organise events at community café

I believe charity is the most beautiful act ~~for many~~ we can complete as humans. This is for a number of reasons, ranging from ~~it can~~ being a mood-booster, the knowledge ~~the knowledge~~ that you are helping others is hugely empowering. You can also, especially influence others e.g. family and friends undoubtedly raising awareness and encouraging others. Many charities raise awareness to things close to your heart. Charity really has an effect on us, bringing us together as a community and brings us closer to a society we want to live in!

If I am successful in my application, I will work hard to make a positive difference in the role whilst carrying out my duties to a high standard.

As well as this I come from a bloodline of charity givers. My grandfather, who sadly passed in 2014, owned an organisation dedicated to giving to charity and those in need. My mother also worked as a social worker for over 2 years.

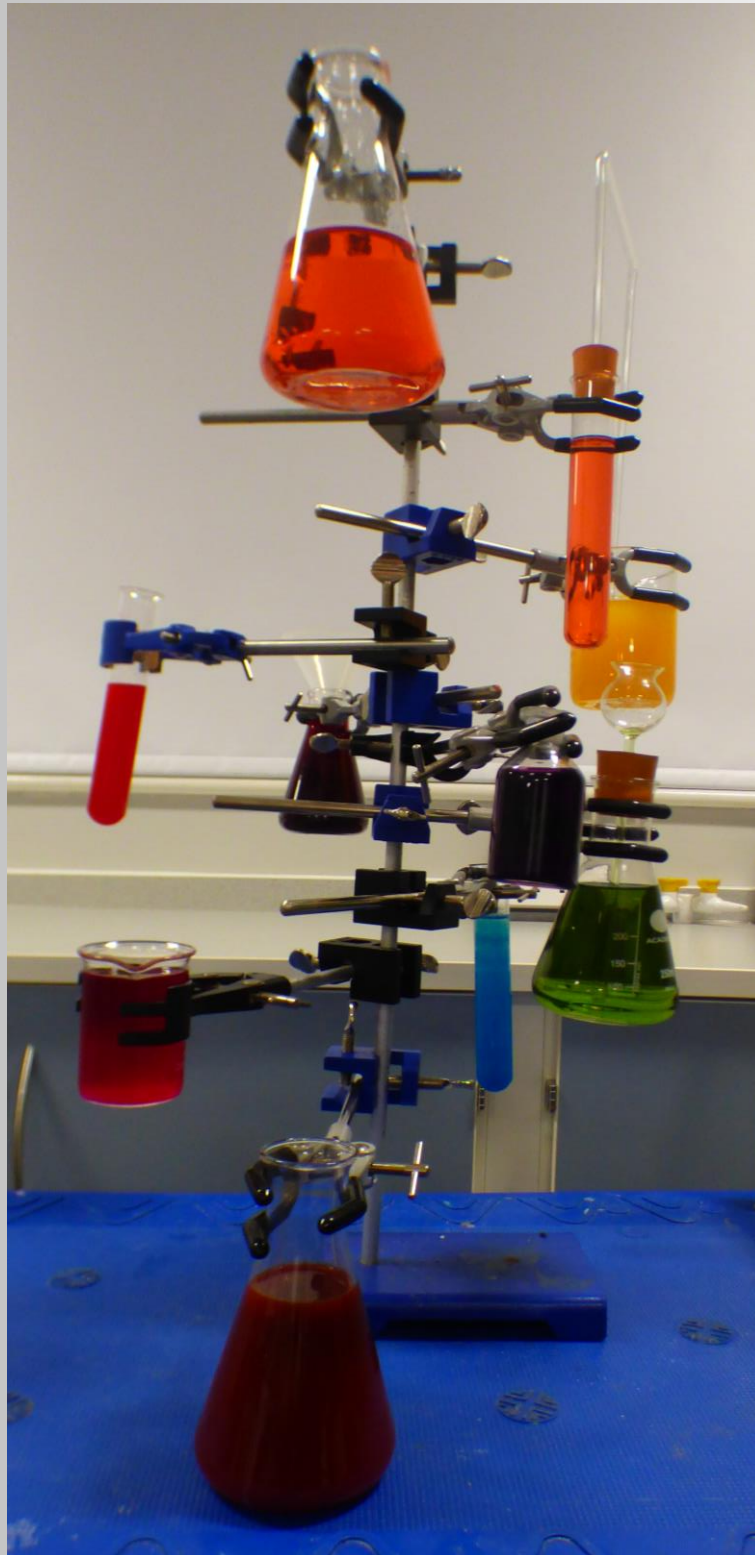
This is why I truly believe I will perfectly fit into the role of a charity leader.



Science Club

Pupils made a festive tree!

On Tuesday after school, Year 7 Science Club got into the festive spirit by making a “Chemis-tree” (chemistry tree). By using different indicators, such as acids and alkalis, along with some food colouring, pupils were able to make the different coloured solutions to act as baubles on a Christmas tree. The lovely display is now in the Science Prep room bringing a little festive cheer to the room in the run up to Christmas!

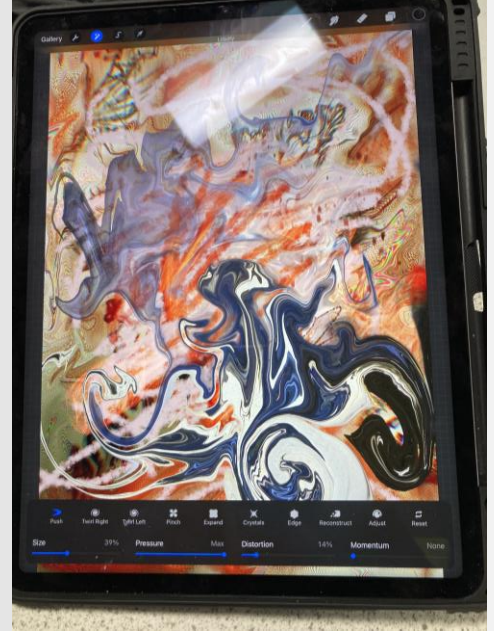


School Messages

Enrichment Spotlight

We are so impressed by our pupils' artwork!

On a Wednesday after school, Miss Aulich and Ms Beveridge run Key Stage 4 Art support sessions. This is an opportunity for pupils to work on their coursework and benefit from the advice of our Art teachers.



School Messages

University Academy 92 Trip

Pupils toured a university!

On Thursday, the GCSE Computer Science pupils visited University Academy 92 to explore the pathways that are available in the digital domain. The pupils had a tour of the state of the art facilities and spent time in the igloo, a 360° immersive space that takes a new approach to learning. Pupils were interested in the small group sessions and flexible approach to obtaining a degree in a local setting. The pupils will be returning back to University Academy 92 in the new year to undertake some masterclasses that will support the learning they are carrying out in school.



Physical Education

We still have some exciting matches coming up!

We have had another busy week over in PE with the first part of interform beginning. A huge well done to those in Years 7, 8 and 10 who took part. Well done to Year 9 netball for their game against Trinity High School. A great team performance on home soil. We are excited to see how the team progress throughout the year. Unfortunately, we did have some other fixtures that were called off but we are looking forward to our final week with the remaining interform and some exciting fixtures coming up!



School Messages

Physical Education

We have been visited by members of the Manchester Giants!

Here at DTA we had a very quiet start to the week. Our interform competitions continued and it has been fantastic to see our forms battle it out in their basketball and football competitions.

On Thursday, some of our Year 10 and Year 11 pupils had a fantastic opportunity to take part in the Basketball England Level 1 coaching course. The course was ran by Jamie Edwards, owner of Manchester Giants. The pupils had the chance to learn a variety of leadership skills and apply them whilst leading smaller activities amongst themselves. Jamie was very impressed by each pupil on the course, stating that they all have great potential. This was a very deserving opportunity for the pupils due to their ongoing commitment to extra-curricular and leadership at DTA. A huge well done to all those involved.



School Messages

Physical Education

Well done to all of our pupils in sports teams!

The Year 9 football team welcomed Cedar Mount on Thursday night. After a strong start to the season, the team continued their winning ways during a very cold night under the lights. A huge 5-0 win at home has put the team in a strong position ready for their next fixtures in the new year. Mr Smith was very impressed by the dominating team performance. A huge well done to the Year 9 pupils involved.

On Thursday night, we also had a girl's football club. The session gave the girls the opportunity to take part in an exciting programme that is being introduced to Dean Trust Ardwick and the surrounding community. Manchester Young Community Champions have been given a partnership with Adidas in which they are launching a girl's football academy.

The opportunity offered the pupils a chance to participate in sessions ran by FA qualified coaches and the chance to seize further opportunities in the future, such as FA coaching badges. All of the sessions will be led at Dean Trust Ardwick in the sports hall. There will be one more session before the Christmas period on Wednesday 21st December, 4:30 till 5:30pm. They will then resume in January. The sessions are free of charge and it would be excellent to build up on the fantastic start we had this week. If you are interested in joining, please see Miss Pemberton.



School Messages

Pupil Achievement

Well done, Ikrah!

Well done to Year 7 pupil, Ikrah, who has achieved multiple awards for her Taekwondo skills! Ikrah won the Outta Skool 2022 Fighter of the Year trophy. She was also awarded her 1st Dan which is the first level of the black belt stage. Finally, Ikrah was given a medal due to her role in the 2022 National Championship Team. We are so proud of Ikrah and all of her hard work outside of school. It is a privilege to have Ikrah as part of our DTA community and we wish her all the best in her future Taekwondo endeavours!



School Messages

Parental Coffee Morning

Thank you to everyone who came!

Last Friday morning we hosted our first Coffee Morning of this academic year! It was a great success and it was a pleasure to see lots of new faces and lots of familiar faces. Mr Worthington spoke about all of the great opportunities at our school, particularly highlighting one of our pupils, Xaio, who is a great role model for following your passion and embedding that within school life. Those in attendance also heard from Mr Fuller who spoke about the support and resources we have put together for Key Stage 4. Parents were given a copy of the Year 11 Guide to Effective Revision And Mr Fuller went into detail about how best to use the website and the booklet to ensure success. Finally, Ms Wilde, our Designated Safeguarding Lead, spoke to parents about Early Help and the way in which we prioritise and ensure pupils' wellbeing in school.





Winter Showcase

Well done to our talented cast!

On Wednesday afternoon, staff were able to watch the dress rehearsal of our DTA Winter Showcase. We were treated to singing, Rock Band, Samba, a comedy sketch, dancing and monologues! This was a great opportunity to celebrate our talented pupils and it was an evening enjoyed by all. The cast performed to parents later in the evening. Thank you to everyone who came to watch and support our pupils. We look forward to seeing more performances from our amazing pupils next year!



School Messages

Parental Notice: Parking

Parents and Carers must not park on the double yellow lines on Daisy Mill Road under any circumstances. Parking on the double yellow lines is dangerous and can cause a serious risk to pupils at Dean Trust Ardwick, St Luke's and to other road users. Please arrange a convenient location to collect your child away from Daisy Mill Road to help keep our pupils safe.



Parental Notice: My Child At School App

Please ensure that you download our new communication app, My Child at School. The app will allow you to stay up to date with how your child is doing at school and ensure you receive all school communication, including school reports. If you require support downloading the app, please speak to reception or look out for our next drop in session.



North Manchester Food Projects

Name	Address	Contact details	Days & Times	Drop in?	Referral?	Other info
Humans MCR Community Grocers -	Not applicable	https://bit.ly/humansMCRFoodbank email: info@humansmcr.org Tel: 0161 243 0171	Mondays to Fridays Harpurhey Delivery – Wednesday	No	Yes	Deliveries only 12-5pm must be at home to receive. Will not deliver elsewhere or leave with neighbour.
Mustard Tree	110 Oldham Road, <u>Ancoats</u> , M4 6AG	Tel: 0161 850 2282	Monday to Friday 10am – 1:30pm.	Yes	no	Food Club £2.50 x 10 items. Must be in receipt of benefits & must show proof.
The Chatterbox Project & Joy Community Church	The Chatterbox Project (Blackley) 70A Booth Hall Road, Blackley, Manchester, M9 7BL	Tel: 0161 795 6162 Email: info@chatterboxproject.com	Monday 1-2pm	yes	no	
Christian Restoration Manchester	451 Victoria Avenue, Blackley, <u>Manchetser</u> , M9 8PJ	Telephone: <u>0161 740 9966</u> Mob: 07936 004 774 Email: info@crm-manchester.org		No	Yes	Referral via email only, they contact you to arrange collection.
The Welcome Centre	18-32 <u>Brentfield</u> Avenue, Cheetham Hill, M8 0TW	Tel: 0161 792 9760 www.waiyin.org.uk/centres/welcome-centre/				
Bread and Butter Thing - Moston	Lily Lane Primary School, 74-84 <u>Kenylon</u> Lane, Moston, M40 5HT	Tuesday, 13:30-14:00 Email: hello@breadandbutterthing.org https://breadandbutterthing.org	Will provide info when you contact them		No	<i>Text 07860 063 304 with your full name, postcode, and the name of the hub you will be collecting from.</i>
Bread and Butter Thing - Collyhurst	Church of the Saviour, <u>Eggington</u> Street, M40 7SQ	Monday, 13:30-14:00	Will provide info when you contact them		No	<i>Text 07860 063 304 with your full name, postcode, and the name of the hub you will be collecting from.</i>
Bread & Butter Thing - Blackley	The Blackley Community Hub, St Paul's Church Hall, Victoria Avenue, Blackley, M9 6RA	The Blackley Community Hub Text: 07860 063 304	Thursday at 12:30pm	No	No	<i>Text 07860 063 304 with your full name, postcode, and the name of the hub you will be collecting from</i>
Rainbow Surprise Crumpsall	<u>Crumpsall</u> Community Hall Cleveland Road M8 4GS	https://www.rainbow surprise.com hello@rainbowsurprise.com 075151 10208	Monday to Friday 11am – 3pm	no	yes	Free Deliveries, email with name only.



North Manchester Food Projects

Harpurhey Community Church	Carisbrook Street, Harpurhey M9 5UX	0161 205 7066 Teas, coffees and registration from 10:30 Food given out 11:00-12:00. Hot food from "Feed my City"	Wednesdays 10.30-12	Yes	No	No appointment necessary, no charge, bring carrier bags
Miles Platting Community Grocer	Queensbury Court Wardle Street M40 7DD	info@hmhc.co.uk 07913 540 680	Thursdays 12 - 4	No, but make appt first		Weekly community shop £2.50
African Voice for Moston	Shout TMO building First Floor 54 Kilnside Drive (entrance through Ravelston Drive) Harpurhey M9 5QP	075481 59390 0161 312 1244 Emergency contact: 07440 775115 africanvoiceinmoston@yahoo.com	Thursdays 1 – 3pm	No		Food club available to all
Stirling Centre Newton Heath	Stirling Centre Scotland Hall Road Newton Heath M40 2TJ	0792264 4407 Cstar.manchester@yahoo.co.uk	Wednesdays 10am – 1pm		Pending info	£2 food pantry
Central Manchester Food bank	No 93 Wellbeing Centre Harpurhey M9 5BG	info@manchestercentral.foodbank.org.uk data.foodbank.org.uk	Thursdays 10-12	No	Yes	Free
Manchester Community Pantry	Heathfield Hall, Heathfield Street, Newton		Currently Wednesdays 3.30 – 5pm and	Not at present but this		Proof of earnings / benefits necessary Deliveries cost £2.50

Newton Heath	Heath, Manchester, M40 1LF		Thursdays 1.30 – 3pm be Fridays from 9.30 – 11 instead of Thursdays)	may change		Free if collected. During holidays providing lunchboxes to working families
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Strep A Advice for parents and caregivers

What is it Group Strep A?

Group Strep A is a bacterial type of germ that can cause scarlet fever. These bacteria also cause other respiratory and skin infections such as strep throat and impetigo (a skin infection).

These are usually mild illnesses, which although highly infectious, can be treated at home with antibiotics.

In very rare occasions, the bacteria can get into the bloodstream and cause an illness called invasive Group A strep. Whilst still uncommon, there has been an increase in invasive Group A strep cases this year, particularly in children under 10.

Symptoms

Look out for symptoms in your child, which include:

- Sore throat
- Headache
- Strawberry tongue or tonsils (swollen or bumpy or covered in white spots)
- A fine, pinkish or red body rash with rougher skin that feels like sandpaper. On darker skin the rash may be more difficult to see
- If your child is under 3 months old and has a temperature of 38°C or is older than 3 months and has a temperature of 39°C or higher (if you have a thermometer to check)
- If your child feels hotter than usual when you touch their back or chest or feels sweaty (if you don't have a thermometer to check)

Seeking help

Contact NHS 111 or your GP if you suspect your child has scarlet fever, because early treatment with antibiotics is important to reduce the risk of complications, such as pneumonia or a bloodstream Infection.

If your child has scarlet fever, keep them at home until at least 24 hours after the start of antibiotic treatment to avoid spreading the infection to others.

As a parent, if you feel that your child seems seriously unwell, you should trust your own judgement. **Contact NHS 111 or your GP if:**

- Your child is getting worse
- Temperature has lasted more than 5 days
- Your baby is under 3 months and has a temperature of 38C, or is older than 3 months and has a temperature of 39C or higher
- Your child is feeding or eating much less than normal
- Your child has had a dry nappy for 12 hours or more or shows other signs of dehydration such as dark yellow, strong smelling pee, peeing less often than usual, feeling dizzy or lightheaded, feeling tired, sunken eyes or dry mouth, lips, tongue
- Your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- Your child is very tired or irritable

Call 999 or go to A&E if:

- your child is having difficulty breathing – you may notice grunting
- noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's skin, tongue or lips are blue
- your child is floppy and will not wake up or stay awake
- Your child has severe pains in their arms, legs, neck or back
- Your child has a painful, red area of skin, especially if it is getting bigger quickly

Spread and prevention

Group A strep is spread by close contact with an infected person. It can be passed on through coughs and sneeze or from a wound. It's important to:

- Teach your child to wash their hands properly with soap and warm water for 20 seconds
- Teach your child to catch coughs and sneezes into a tissue
- Keep your child away from others when they are feeling unwell



ILLUMINATION/UNIVERSAL PICTURES



Then the Grinch thought of something he hadn't before! "Maybe Christmas," he thought, "doesn't come from a store. Maybe Christmas ... perhaps ... means a little bit more!"

The Grinch, Dr Seuss



Picture News Christmas Campaign 2022

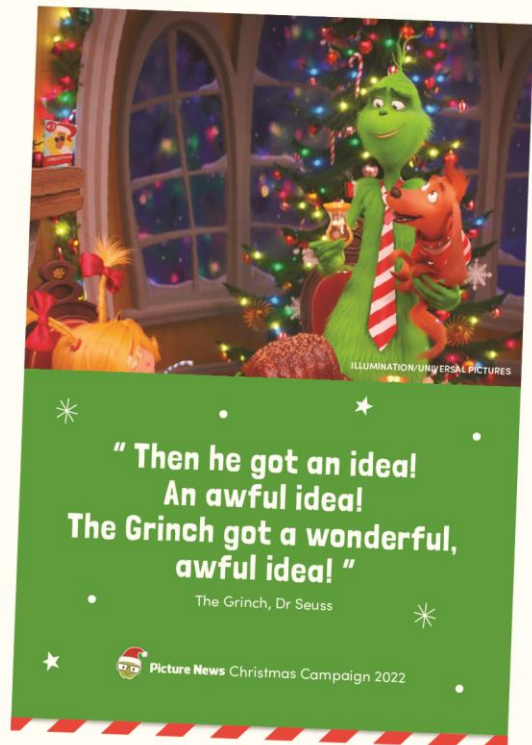
Gifts We Can All Give

As well as being a happy and exciting time for many, the festive period can be an expensive one; with gift giving, special meals and decorations just a few additional things we may spend money on. This year is expected to be even harder than ever with the cost of living crisis already stretching households. A recent YouGov survey on planned Christmas spending showed that 60% of people in the UK are planning to spend less on Christmas this year and a survey from RVS Media found that nearly a fifth of families are considering cancelling Christmas altogether!

For this year's Picture News Christmas Campaign, we've decided to focus on gifts that don't cost money but that mean a lot to others; focusing on what really matters during this time.

To Take Part:

- 1 Look at the image of the Grinch, share anything you know about him.
- 2 Either watch the video about the Grinch here <https://youtu.be/IXelalkv0ic> or read 'How the Grinch stole Christmas'. What do you think the Grinch learned about the meaning of Christmas?
- 3 Not all gifts and presents cost money, often the best ones are free! Thinking about someone you care a lot about, what gift could you give them? E.g. your time, a job that they can't do themselves or a poem.
- 4 Use the Grinch template to record your gift idea.
- 5 Give your gift!

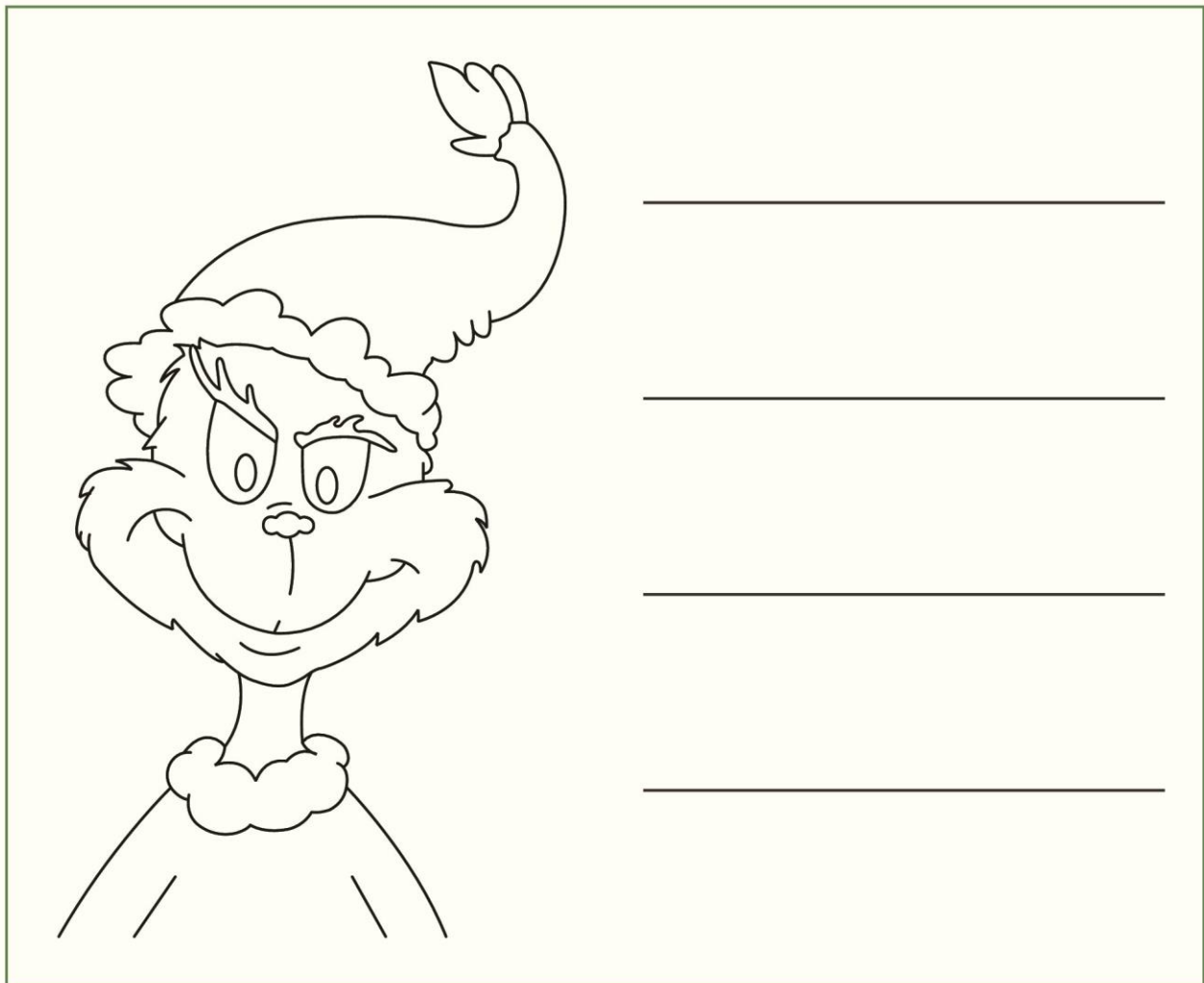


We'd Love to See Your Gift Ideas!

Please share any photos or stories via:
Twitter: [@HelpPicture](https://twitter.com/HelpPicture) using the hashtag [#giftswecanallgive](https://twitter.com/hashtag/giftswecanallgive)
Email: help@picture-news.co.uk
The campaign will run between 1st and 16th December.



Gifts We Can All Give



**Then the Grinch thought of something he hadn't before!
"Maybe Christmas", he thought, "doesn't come from a store.
Maybe Christmas...perhaps...means a little bit more!"**

The Grinch, Dr Seuss

What do you think the Grinch has discovered?
What do you think is most important at this festive time?
Can you think of a gift you can give to someone that doesn't cost anything?

Think About

Who is the gift for? What are you giving them? How are you going to present it? Use the Grinch template to write/draw your gift idea.

We'd Love to See and Read the Messages on Your Grinch!

Use the hashtag **#giftswecanallgive** on social media and email them to us at **help@picture-news.co.uk**
The campaign will run between 1st and 16th December.



Can using less fuel still mean an affordable & nutritious diet?

We're all facing daily challenges, trying to think of recipes and ways to create nutritional meals for ourselves and loved ones, which give us enough energy to perform well at home, work, school and play, and to make sure our bodies have the right food to ensure a good night's sleep.

Our in-house nutritionist, Amanda Aitken MSc ANutr has researched current food prices at ALDI & Tesco to compile a guide to create a nutritionally balanced meal plan costing between £45-60 each week to feed a family of 4. This guide will help you batch cook to freeze and make good of leftovers for your next day's lunches and dinners to leave you energised and healthy whilst using minimal fuel too.























**Cracking
Good Food**

WWW.CRACKINGGOODFOOD.ORG

SAVE FUEL

Power up the Flavour

Meal Plan

	Breakfast	Lunch	Vegetarian Dinner	Meat Dinner	Snacks & Puddings
Monday	Breakfast muffins 	Dhal & rice  	Leftover Jollof rice with homemade coleslaw 	Leftover meat with wedges or jackets & coleslaw	Leftover rice pudding
Tuesday	Soaked oats & tinned peaches	Minestrone soup & bread  	Lentil Bolognese with grated cheese  	Low fat mince & lentil Bolognese  	Peanut butter on wholemeal toast
Wednesday	2 Boiled eggs with toast	Quesadillas filled with leftover Bolognese	Jerk cauliflower & chickpea curry with rice  	Jerk chicken & rice  	Pancakes 
Thursday	Soaked oats with frozen berries	Cheese on toast with homemade coleslaw	Beany shepherd's pie & peas  	Cottage pie with frozen peas  	Yoghurt & fruit (frozen or tinned berries)
Friday	Corn flakes with banana	Leftover beany shepherd's pie. & peas/cabbage 	Mushroom stroganoff & rice  	Veg & pork stroganoff & rice  	Crispy cakes
Saturday	Porridge with milk & tinned peaches - make double portions! 	Spicy potato soup 	Veg stir fry & noodles  	Chicken & veg stir fry with noodles  	Crispy cakes
Sunday	Pancakes with left-over porridge served with frozen berries 	Beans on toast	Jollof rice with peas 	Roast or slow/pressure cooker pork, yorkshires & trimmings	Rice pudding or make breakfast muffins & bread

Vegetarian diet cost = £48.24 | Meat diet cost - £60.56

(Based in costs at Aldi's & Tesco's April 2022)

 Freezes well  Batch cook

STORE CUPBOARD ESSENTIALS

Having some basic ingredients in your fridge, freezer & cupboards will help you quickly & cheaply create meals.

Flours for cooking & baking Pasta, Rice for curries, chillies & casseroles Lentils, pulses & grains for soups, stews & to bulk dishes out Noodles for soups & stir fries Tins of plum tomatoes - for sauces, bases of meals Beans -butter beans/ kidney beans/borlotti for added protein & texture Tuna, sardines, salmon, anchovies - for salads, sandwiches, pasta Baked beans - kids love'em on toast! Spices - chilli, turmeric, cumin, pepper, coriander, garam masala, paprika etc - a little spice livens up food. Buy in international stores - much cheaper! Herbs - mixed herbs, rosemary, thyme, oregano to perk up soups, stews, and pasta Other seasonings and flavour enhancers, soy sauce, Worcestershire sauce, mustard, honey, vinegar, balsamic vinegar etc Stock cubes/dried bouillon add depth & richness to foods Oils can include vegetable, rapeseed, olive & sesame.

Email recipes@crackinggoodfood.org to crack on & cook!



LOW FUEL

cooking Tips

Cooking

- Check out charity shops for pressure cookers which reduce cooking time & boost nutrition
- Air fryers from £40 reduce fuel usage & offer healthier ways to fry food
- Slow cookers are cheaper to run than ovens & use less electricity than conventional light bulbs!

Oven

- Leave door open after cooking to heat room
- If you have time, plan & batch cook for the day's dinner & tomorrow's lunch
- Oven going on but it isn't full? Chop up spare veg to roast them for sandwiches or a side dish

Hob

- Use the correct sized pans as small pans waste heat on big rings & small rings extend cooking time
- Use lids to keep heat in & speed up cook time
- Use 1 ring not 3! A stackable steamer can separately cook veg, fish, dumplings etc all at once.

Fridge & Freezer

- Don't keep opening & closing fridge/freezer doors - as warm air pushes temperature up using more fuel to cool down.
- Fuller freezers use less energy
- Refrigerate cooled leftovers to avoid your fridge working extra hard to cool it down
- Defrost food in your fridge to help cool it
- Endless dishes can be batch cooked and frozen for lunches & dinners, saving you time & fuel - defrost in the fridge & reheat in the microwave

Kettle

- Only boil as much water as you need, or store excess in a flask to have cuppas throughout the day!
- Use excess water for washing up & feeding plants (once cooled)
- Boil water for cooking rice/pasta using an electric kettle

EQUIPMENT SUBSTITUTES

You really don't need brand-new equipment to cook-up great looking, tasty dishes from scratch!

- **Jar lids & measuring cups make perfect burger presses**
- **Sharpen knives on unglazed jar or the rough underneath of a mug**
- **A plate makes a great saucepan lid (be careful removing)**
- **Use a fork in place of a whisk**
- **The side of a jam jar, cordial, or wine bottle rolls pastry perfectly**
- **Sieves make great colanders or use a clean tea towel in an empty bowl!**
- **Use butter tubs and takeaway containers to store leftovers**



Fuel Bank helps prevent self-disconnection

Available in selected foodbanks and advice agencies. They supply top up vouchers providing approximately two weeks' worth of fuel to clients using prepayment meters who have been deemed as in 'crisis need' by an independent referrer, ensuring people are not left without energy for the basics like cooking and heating. www.fuelbankfoundation.org

Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains

Energy (kcal)	0.0g	1.3g	34g	0.0g
Total fat	0.0g	0.0g	0.0g	0.0g
Salt	0.0g	0.0g	0.0g	0.0g
Saturated fat	0.0g	0.0g	0.0g	0.0g
Trans fat	0.0g	0.0g	0.0g	0.0g
Carbohydrate	0.0g	0.0g	0.0g	0.0g
Sugars	0.0g	0.0g	0.0g	0.0g
Fibre	0.0g	0.0g	0.0g	0.0g
Protein	0.0g	0.0g	0.0g	0.0g

of an adult's recommended
serving values (as sold) per 100g (dry weight)

Choose foods lower
in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Per day 2500kcal 2000kcal = ALL FOOD + ALL DRINKS

Source: Public Health England's assessment of the public health benefits, Food Standards Agency and the Food Research Agency (2016) (revised)

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YOUR HAND IS YOUR PORTIONING TOOL



A serving of protein
= 1 palm



A serving of
vegetables = 1 fist



A serving of carbs
= 1 cupped hand



A serving of fats
= 1 thumb



This easy-to-use portion size guide can be used for all ages, as hand size is relative to body size in most cases. Hand sized models require no weighing, so no equipment needed! Remember to use your child's hand when serving their meals rather than your own.
A great way to minimise food waste!

Recipe Finder | British Heart Foundation

The British Heart Foundation has a free app for iPhone and Android smartphone users detailing over 100 recipes for people with high cholesterol, high blood pressure and/or diabetes from all over the world and a handy shopping list feature. You can filter the recipes into which cuisine of your choice.



bhf.org.uk

LOW FUEL

Lifestyle Tips

SHOPPING

- Check your cupboards, fridge & freezer before you head to the shops & eat before you leave as shopping when hungry can lead to buying items you don't need or unhealthy snacks!
- Use the 'Use By' date & your sense of smell & sight rather than Best Before to know what's still safe to eat REMEMBER: Best Before is a guide, Use By is a warning!
- If possible, reduce travel & shop local to support local growers, the food will be seasonal & less likely grown in artificial conditions
- Reduce meat intake, veg is much quicker to cook & uber healthy and nutritious
- Ask your local grocer what's not selling that day - discounts may be available!
- International food stores offer great prices on fresh foods & spices, far more bang for your money!
- Reduce your meat intake — filling up on vegetables, pulses and red & yellow lentils which are the quickest to cook, is cheaper and healthier than buying meat and better for the environment.



GET ACTIVE

- Get on your bike! Shop local & save fuel - local charities refurbish & sell pre-loved bikes - just in time for low-cost summer family fun
- Grow Your Own fruit & Veg - the benefits are great! Reduce shopping costs & time, sustainable chemical free food & boost your mental wellbeing & satisfaction. joining a local community allotment plot is a great way to meet others, or even grow herbs on your windowsill will save money and time!



HELPING COMMUNITIES COPE WITH THE FUEL & FOOD CRISIS

CLAIM YOUR
£4.25 HEALTHY
START VOUCHER
WEEKLY PAYMENT



If you're receiving a qualifying benefit and are pregnant or have parental responsibility for at least one child under the age of 4, you can apply online now for the NHS Healthy Start Card

LOW FUEL


Lifestyle Tips

LIVING

- BEWARE of vampire devices! Turn electrical items off at the socket, when not in use, rather than leaving on standby
 - Use washing machines & dishwashers when full & on energy-efficient programs.
 - Wash at 30C or 20C unless washing really soiled clothes & dry outside
 - Clean tumble dryer filters to keep it energy efficient
 - Turn the lights off every-time you leave a room
 - Attend a Carbon Literacy Course so you can learn how simple changes can affect our environment
- Wet appliances (dishwasher, washing machine), cold appliances (fridge/freezer) and consumer electronics (phone, laptop, games console etc) are the 3 biggest energy-users in the home



HEATING

- 
- Avoid using electricity between 4pm & 8pm its the most expensive time!
 - Turn the boiler on once a day for showers/washing up.
 - Close your curtains/ blinds just before dark to hold heat in the room.
 - Layer up to keep warm rather than 1 big jumper as warm air gets trapped between the layers.
 - Hot water bottle warms the mattress & your night clothes!
- Research Home Efficiency Grants & ways to save on energy bills you're eligible to via Money Saving Expert - Martin Lewis | 10 Ways To Save On Energy Bills - Which? | gov.uk

HELPING COMMUNITIES COPE WITH THE FUEL & FOOD CRISIS

**SAVE MONEY
& REDUCE
FOOD WASTE**



Buy heavily reduced fresh, dry and cooked foods direct from supermarkets via online apps - cheap for you & great for our planet!

Who are



Cracking
Good Food



As a social enterprise our aim is to encourage and support people to cook affordable, seasonal and nutritious homemade food from scratch. Driven by our belief that everyone deserves good food, our mission is simple: to alleviate food poverty and increase food security in Greater Manchester and beyond, by working collaboratively with others.

Contact us at

info@crackinggoodfood.org

to find out about our...

Community Outreach Programmes,

Kitchen Kit Redistribution,

Teambuilding Events,

Cookery School & Forages.



WWW.CRACKINGGOODFOOD.ORG



Power Up the flavour!

SUGGESTED low fuel, affordable, nutritious Meal Plan
USE AS A GUIDE

Handy tips:

- DRVs (Dietary Reference Values) are a series of estimates for the amount of energy and nutrients needed by different groups of healthy people in the UK population; they are not recommendations or goals for individuals.
- Data is based on a 30 year old female for comparison.
- By consuming the suggested recipes you will meet a majority of your DRV's=Dietary Reference Values.
- Cost and nutritional value for any additional ingredients consumed excluded from meal plan.
- Remember foods can be frozen, dried or canned.
- Most recipes serve 4, or per person, unless indicated otherwise.
- Check out the discounted cabinet for reduced fruit & veg and other perishables.
- Feel free to substitute cheaper ingredients that may be in season or you have left over.





Day 1 Meal Plan



- Breakfast muffins
- Dhal & rice
- Leftover Jollof rice with homemade coleslaw (vegetarian)
- Leftover meat with wedges or jackets & coleslaw (meat)
- Leftover rice pudding (see day 7)
- TIP make breakfast muffins whilst oven is on for day 7

Breakfast - Muffins

Makes 12: 125g sugar, 125ml sunflower oil, 2 large free-range eggs, 225g plain flour, 1 teaspoon ground cinnamon, ½ teaspoon ground ginger, ½ teaspoon baking soda, ½ teaspoon baking powder, 1 clementine – OR juice from the canned peaches, 200g carrots, 75g walnuts, plus extra to sprinkle – optional

1. Preheat the oven to 200°C/gas 6. 2. Line your cupcake trays with paper cases. 3. Beat the sugar, oil and eggs together. 4. Fold in the flour, spices, baking soda and powder. 5. Grate in the clementine zest, OR add a table spoon of peach syrup then add a pinch of sea salt. 6. Coarsely grate the carrots and chop the walnuts, then fold into the batter. 7. Divide the mixture between 12 to 16 cupcake cases, then bake for about 20 minutes, or until a skewer inserted in the centre comes out clean. Cool on a rack. 8. Spread over the cooled cupcakes and sprinkle with extra chopped walnuts.

Lunch - Dhal & rice

Serves 4-6: 400g red lentils, washed and drained, water, 2 tsp turmeric, 1 tsp garam masala, 2 tsp cumin, 1 onion, chopped finely, 3 cloves of garlic, finely sliced, 2 fresh green chillies, finely sliced and seeds removed, 1 thumb-sized piece of grated ginger, 1 can of coconut milk (optional), 1 can of tomatoes or chopped fresh tomatoes, 1 bunch of fresh chopped coriander, season to taste.

1. Put lentils and water in a pan, cover by at least 5cm and bring it to the boil. Reduce to simmer and stir in turmeric, simmer gently for around 10 mins, or until lentils absorb the water. 2. In a frying pan, add a little oil to fry onions on a medium heat until it starts to brown – around 5 minutes. Add the garlic, coriander stalks, chillies, onion, tomato, ginger and garlic. Stir well and leave to cook for 1-2 minutes until garlic is golden and everything smells amazing! 3. Add the spices, stir well and cook for 1 min before removing the mixture from the heat and adding to the cooked lentils. 4. Stir in the coconut milk for a creamier and slightly sweeter Dal. 5. Stir through some of the coriander leaves and scatter the rest as garnish. 6. Season with salt, pepper and lemon juice to taste! 7. Serve on its own or with rice, naan or jacket potato.

Coleslaw

2 grated carrots, finely sliced ½ small red cabbage and ½ small white cabbage, 2 celery sticks, 1 teaspoon lemon juice, 3-4 tablespoon Greek yoghurt, 2 tbsp extra virgin olive oil, salt, black pepper (optional)

1. Add cabbages, celery and carrots to a large mixing bowl. 2. Make the vinaigrette in a small bowl by slowly mixing 4 tablespoons of yoghurt and lemon juice followed by the olive oil. 3. Season with salt and pepper to taste and pour and mix the vinaigrette with the vegetables until well combined.

Dinner - Jollof rice (v)

Serves 4: See Day 7 for ingredients & method

Dinner - Reheating day 7 (meat)

Safely reheating meat in a microwave – Place the meat in a microwavable dish. Add a small amount of water, sauce or oil to the meat and cover with a microwave-safe lid. Microwave on medium heat for the food to be evenly and thoroughly cooked. Make sure it is steaming hot all the way through before eating.

Dinner - Jacket potatoes

Microwaved jackets taste great and save fuel. 1. Thoroughly wash the potato and pat dry. 2. Use a fork to prod holes in to release the steam whilst cooking. 3. Massage a little oil on the dry potato for a crispier finish. 4. Depending on size and microwave power, cooking times will vary. Start with 3 mins, then flip the hot potato with a pair of tongs and continue with an additional 3 mins, adding more time to get the perfect tender, creamy potato.

Snacks leftover rice pudding

Reheat the leftover rice pudding in the microwave.

We love lentils, versatile, low cost and bursting with goodness. Lentils are highly ranked for their phenolic content – plant protective compounds called phenols. They can have an antioxidant, antibacterial, anti-viral and anti-inflammatory effect and are cardio protective. Studies suggest regularly eating lentils helps reduce your risk of diet related diseases such as diabetes, cancer, obesity and heart disease. See ** Handy tips





Day 2 Meal Plan



- Soaked oats with tinned peaches
- Minestrone soup + bread
- Lentil bolognese/ grated cheese (vegetarian)
- Mince bolognese (meat)
- Peanut butter on whole meal toast

Breakfast - Soaked oats & fruit

Serves 4: 200g porridge oats, 400g natural yogurt, Frozen mixed blueberries, strawberries and raspberries or 2 cans of peaches

1. Layer the porridge, yogurt and fruit in a jar or bowl. 2. Cover and chill in the fridge overnight so the porridge absorbs the yogurt. 3. In the morning, stir to mix everything together and top with more fruit.

Lunch - Minestrone soup + bread

Serves 4-6: 1 clove of garlic, 1 red onion, 2 carrots, 2 sticks of celery, 1 large potato, 1 x 400 g tin of cannellini beans, 1 tsp smoked paprika, olive oil, ½ tsp dried oregano, 1 bay leaf, 2 x 400 g tins of plum tomatoes, 1 stock cube 1 large seasonal greens, such as savoy cabbage, curly kale, chard, 100 g wholemeal pasta OR noodles, ½ a bunch of fresh basil, optional - Parmesan cheese

1. Peel, finely chop the garlic & onion. 2. Trim & roughly chop the carrots, celery, then add to a large bowl. 3. Scrub and dice the potato. 4. Heat 2 tbsp of oil in a large saucepan over a medium heat. 5. Add the garlic, onion, carrots, celery, oregano and bay, cook slowly for about 15 minutes or until the vegetables have softened, stirring occasionally. 6. Add the potato, tip the can of cannellini beans in and plum tomatoes, crumble in the vegetable stock cube. Stir well, breaking up the tomatoes. 7. Add the smoked paprika. 8. Cover with a lid, bring everything slowly to the boil and simmer for about 20 minutes or until the potato is cooked. 9. Remove and discard any tough stalks from the greens, then roughly chop. 11. Break up pasta/noodles into small pieces. 12. Add the greens and pasta to the pan, cook for a further 10 minutes, or until the pasta is al dente, (translates to 'to the tooth' which means it should be soft enough to eat, but still have a bit of a bite and firmness to it. 13. Add a splash more stock or water to loosen, if needed. 14. Pick over the basil leaves (if using) and stir through. 15. Season to taste with sea salt and black pepper, then serve with a grating of Parmesan and a slice of wholemeal bread, if you like.

Snacks - Peanut butter on whole meal toast

Per person: Peanut butter on 2 whole meal toast. Bread freezes exceptionally well, so if you don't plan to use the loaf within a week, place in freezer and take out slices as and when needed! Some toasters allow you to toast from frozen too.

Dinner - Mince bolognese (meat)

Serves 4: 1 tbsp olive oil, 2 onions, finely chopped, 3 carrots, finely chopped, 3 celery sticks, finely chopped, 3 garlic cloves, crushed, 500g mince 20% fat OR 250g 5% fat & 250g lentils, 2 x 400g cans chopped tomatoes, 2 tbsp tomato purée, 2 tsp each dried oregano and thyme, 3 bay leaves, 1 litre vegetable stock, 500g pasta – whole meal has more fibre, Parmesan cheese, grated, to serve.

1. Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. 2. Cook gently for 15-20 mins until everything is softened. 3. Stir in the mince (& lentils) – let the mince brown. 4. Add chopped tomatoes, tomato purée, herbs and stock. 5. Bring to a simmer, then cook for 40-50 mins until the mince is cooked and tender and saucy – splash in water if you need. 6. Season. 7. If eating straight away, keep on a low heat while you cook the spaghetti, following pack instructions. 8. Drain well, divide between pasta bowls or plates, spoon sauce over the top and grate over some cheese.

Dinner - Lentil Bolognese (v)

Serves 6 – keep 2 servings for lunch the next day, make into quesadilla, serve with a jacket potato and salad or with rice. Add more veggies or any left over's to stretch the recipe, batch cook and freeze half.

1 tbsp olive oil, 2 onions, finely chopped, 3 carrots, finely chopped, 3 celery sticks, finely chopped, 3 garlic cloves, crushed, 500g dried red lentils, 2 x 400g cans chopped tomatoes, 2 tbsp tomato purée, 2 tsp each dried oregano and thyme, 3 bay leaves, 1 litre vegetable stock, 500g spaghetti – wholemeal, Grated parmesan or vegetarian cheese to serve (optional).

1. Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. 2. Cook gently for 15-20 mins until everything is softened. 3. Stir in the lentils, chopped tomatoes, tomato purée, herbs and stock. 4. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – splash in water if you need. 5. Season. 6. If eating straight away, keep on a low heat while you cook the spaghetti, following pack instructions. 7. Drain well, divide between pasta bowls or plates, spoon sauce over the top and grate over cheese.

Day 2 meals are bursting with fibre, needed for a healthy digestive system and protein, needed for growth, development and repair. Also, off the charts with vitamin A, needed for healthy eye sight and skin and helps your immune system work properly. To make the day 'uber' nutritious, add a salad to the evening meal and some fruit as snacks.





Day 3 Meal Plan



- 2 x Boiled egg & toast
- Left over Bolognese quesadillas
- Jerk cauliflower & chickpea curry & rice (vegetarian)
- Jerk chicken & rice (meat)
- Pancakes

Breakfast

Per person: 2 Boiled eggs with 2 toast

To microwave: Place egg into a bowl of hot water, cover with a plate, and microwave at 50% power for 4mins. For runny yolk, remove and peel the egg now. For harder yolk, leave the egg in the water for 2 minutes before peeling.

Lunch - Leftover Bolognese

Leftover Bolognese, ½ teaspoon oil, tortilla wrap, grated cheese is optional

Reheat leftover Bolognese in the microwave and eat or you can make quesadillas. 1. Heat a little oil in a large frying pan 2. Gently place a whole tortilla wrap in the pan 3. Spread 2-3 tablespoons of reheated Bolognese over half of the tortilla wrap 4. Sprinkle on grated cheese if using and fold the empty half over the filling 5. Using a fish slice, carefully flip the quesadilla over to brown the other side.

Dinner - Jerk cauliflower and chickpea curry with rice (v)

Serves 4: 450g peeled, chopped 2cm cubed potatoes, 1 onion (½ peeled ½ chopped), 3 garlic cloves, peeled and roughly chopped, ginger 4cm piece, peeled and chopped, groundnut oil, 1 cauliflower broken into small florets, 1 tsp cumin seeds, 1 generous tsp ground coriander, ½ tsp ground cumin, 1 tsp turmeric, ¾ tsp cayenne pepper OR 1 tablespoon curry powder, 3 green chillies seeded & quartered – add to taste, 3 large tomatoes chopped OR can of tomatoes, 1 can of beans (any – cheapest is baked beans with sauce washed off (optional)). To serve: ½ small bunch coriander, chopped, natural yoghurt, basmati rice and/or naan bread

1. Heat pan of boiling water and cook potatoes until almost tender, about 5mins, drain well. 2. While potatoes cook, put the onion, garlic and ginger in a narrow container with 2cm of water and use a stick blender to blitz until smooth (or whizz in a small food processor). 3. Put 6 tbsp oil in a heavy pan, heat, add the potatoes and fry until golden. 4. Remove and set aside. 5. Fry the cauliflower until golden. remove and set aside. 6. Put the cumin in the pan, cook for 30 seconds, add the onion mix and cook for 4-5mins. 7. If using curry powder – add the onion, garlic ginger mix to the pan with some oil and then add the curry powder. 8. Add the remaining spices, chillies and tomatoes, cook for 2mins, then add the potato, beans and cauliflower with 500ml water. 9. Cook for 4mins. Scatter with coriander and serve with yoghurt and basmati rice or naan.

Snacks -Pancakes

Serves 4: 110g/4oz plain flour, 2 large eggs, 275ml semi skimmed milk, 50g butter/spread, dried fruit/frozen berries.

1. Sift flour into a large mixing bowl with the sieve held high above the bowl to air the flour. 2. Make a well in the centre of the flour to break the eggs into it, then whisk until all the flour is mixed in. When the mixture thickens, gradually add small quantities of milk, any lumps will eventually disappear. 3. The texture should be like gravy or thin cream. 4. Add any fruit – be mindful if frozen it will add liquid so adjust milk. 5. Melt and smear butter around the pan using kitchen paper 6. Heat the pan till really hot, then turn heat down to medium. Using a ladle or large spoon, do a test pancake first to judge the quantity. 7. Once the batter hits the hot pan, tip it around from side to side to evenly coat the base with batter. If you have any holes in it, add a teaspoon of the mixture just to fill them in. It should take only half a minute or so to cook; you can lift the edge with a fork to see if it's tinged gold as it should be. 8. To make a vegan version replace the plain flour with self-raising, omit the eggs and use a plant-based milk and spread – a far cheaper option and tastes equally good!

Dinner - Jerk chicken curry & rice (meat)

Serves 4: Use the ingredients and method for the Jerk cauliflower & chick pea curry, with 500g chicken thigh, diced.

1. Heat a pan of boiling water, cook the potato until almost tender, about 5 minutes, drain well. 2. While it's cooking, put the onion, garlic and ginger in a narrow container with 2cm of water and use a stick blender to blitz until smooth (or whizz in a small food processor). 3. Put 3 tbsp oil in a heavy pan, heat, add the chicken & fry until golden and cooked through. 4. Remove and set aside. 5. Fry the cauliflower & potatoes until golden, remove and set aside. 6. Put 1 tbsp oil in the pan, add the cumin or curry powder, cook for 30 seconds, add the onion mix and cook for 4-5 minutes. 7. Add the remaining spices, chillies and tomatoes, cook for 2 minutes, then add the chicken, potato and cauliflower with 500ml water. 8. Cook until hot all the way through and vegetables are tender. 9. Scatter with coriander (optional) and serve with yoghurt and rice.

Day 3 is full of vitamins B1 & C – B1 is used by your body to keep your nervous system working well and helps with the extraction of energy from your food. Vitamin C is needed for healthy cells and helps keep your skin, blood vessels, bones and cartilage in good condition. You will also get lots of iron to carry oxygen around your body...if you feel tired, try eating iron rich foods. To make the day 'uber' nutritious, add a salad to lunch & fruit as snacks.



Thursday Meal Plan



- Soaked oats with berries
- Cheese on toast with home made coleslaw
- Beany shepherd's pie & peas (vegetarian)
- Cottage pie & peas (meat)
- Yoghurt & fruit (Frozen berries or canned)



Breakfast - Soaked oats & fruit

Serves 4: 200g porridge oats, 400g natural yogurt, Frozen mixed blueberries, strawberries and raspberries or 2 cans of peaches.

1. Layer the porridge, yogurt and fruit in a jar or bowl. 2. Cover and chill in the fridge overnight so the porridge absorbs the yogurt. 3. In the morning, stir to mix everything together and top with more fruit.

Lunch - Cheese on toast with home made coleslaw

Per person:

90g of cheese (Use any hard cheese BUT stronger cheese will give you more flavour for less cheese), 2 slices of whole meal bread (for extra fibre)

1. Put bread under grill and toast. 2. Slice or grate cheese. 3. Once one side is toasted turn over add ½ cheese to each slice. 4. Grill until cheese is bubbling. 5. serve with coleslaw.

Coleslaw

2 grated carrots, finely sliced ½ small red cabbage and ½ small white cabbage, 2 celery sticks, 1 lemon, 3-4 tablespoon Greek yoghurt, 2 tsp extra virgin olive oil, salt, black pepper (optional)

1. Add cabbages, celery and carrots to a large mixing bowl. 2. Make the vinaigrette in a small bowl by slowly mixing 4 tablespoons of yoghurt and lemon juice followed by the olive oil. 3. Season with salt and pepper to taste and pour and mix the vinaigrette with the vegetables until well combined.

Snacks - Yoghurt & fruit

Yoghurt & fruit (fresh, frozen or canned)

Dinner - Beany shepherds pie (V) or Cottage pie (meat)

Serves 4: 1 tbsp oil, 500g lean beef mince, Quorn OR 2 cans of beans, 1 large onion finely chopped, 2 chopped carrots, 2 chopped celery, sticks, 1 finely chopped garlic clove, 1 tbsp plain flour, 1 tbsp tomato purée, 400g can of tomatoes, 1 can of lentils (or any tinned beans), 1 beef stock cube, 2 tbsp Worcestershire sauce, a few thyme sprigs, 1 bay leaves **For the mash** 600g potatoes chopped, 1 cauliflower or 600g sweet potato, 100ml semi skimmed milk, 25g butter, 100g strong cheddar grated.

1. Heat 1 tbsp oil in a large saucepan and fry the vegetables. 2. Add the mince and brown. 3. Add the garlic, flour and tomato purée, increase the heat and cook for a few mins. 4. Adding the stock cube & tinned tomatoes, Worcestershire sauce, lentils and herbs. Bring to a simmer and cook, uncovered, for 45 mins. By this time the gravy should be thick and coating the meat. Check after 30mins – if a lot of liquid remains, increase the heat slightly to reduce the gravy a little. 5. Discard the bay leaves and thyme stalks. 6. Meanwhile, make the mash. In a large saucepan, cover the potatoes, cauliflower or sweet potato in cold water, bring to the boil and simmer until tender. Drain well, then allow to steam-dry for a few mins. Mash well with a little milk, butter. 7. Spoon meat/Quorn into 2 ovenproof dishes. Pipe or spoon on the mash to cover. Sprinkle the cheese. If eating straight away, heat oven to 220C/200C fan/gas 7 and cook for 25-30 mins, or until the topping is golden.

Day 4 is overflowing with protein & fibre, as is B1, vitamin C & A. For minerals, potassium, magnesium, zinc and iodine are worth a mention. Magnesium – needed for synthesizing food into energy, producing hormones, potassium keeps our body fluid balance and zinc – helps makes new cells so our wounds heal & enzymes, helps process carbohydrate, fat and protein. If budget allows it would be good to have fruit snacks – maybe a banana midday or an apple in the afternoon.





Day 5 Meal Plan



- Corn flakes with banana
- Leftover Beany shepherd's pie & peas/cabbage
- Mushroom stroganoff & rice (vegetarian)
- Veg + pork stroganoff & rice (meat)
- Crispy cakes

Breakfast - Corn flakes with banana

Per person: approx: 30g corn flakes, 125ml milk, 1 banana, sliced

Lunch - Thursdays leftover pie with peas & cabbage

Safely reheating leftovers in a microwave - Place the leftovers in a microwavable dish. Cover with a microwave-safe lid. Microwave on medium heat for the food to be evenly and thoroughly cooked. Make sure it is steaming hot all the way through before eating.

Snacks -Crispy cakes

Serves 4/makes approx 8 cakes 2 cakes per person: 100g dark chocolate, broken up, approx. 250g of any cereal

1. Put the chocolate in a heatproof bowl and melt it over a pan of simmering water, making sure the bowl doesn't touch the water. Stir until smooth, then take off the heat. 2. stir in the cereal, a little at a time until the chocolate is covered to your preference. 3. divide into pastry cases and cool. To keep the crisp, store in an airtight container.

Make a double batch today for tomorrow!

Dinner - Mushroom stroganoff & rice (v)

Serves 4: 400g of beans, 2 tbsp sunflower oil, 25g/1oz butter, 1 onion finely sliced, 2 tsp paprika, 200g/8oz mushrooms, halved, 140ml soured cream/yoghurt, salt and freshly ground black pepper

1. Put the butter in the pan, add the onions and cook over a low heat until the onions are really tender. 2. Sprinkle in the paprika and stir in the mushrooms. Turn up the heat and toss for a minute. 3. Add the can of beans (if using baked beans wash sauce off). 4. Add the cream or yoghurt to the pan and heat through. 5. Add the lemon juice and season with salt and pepper. 6. Serve with fluffy rice.

Dinner - Pork stroganoff & rice (meat)

450g pork chops, 2 tbsp sunflower oil, 25g butter, 1 onion finely sliced, 2 tsp paprika, 200g mushrooms, halved, 140ml soured cream/yoghurt, salt and freshly ground black pepper

1. Remove any fat from the pork and cube. 2. Heat a large non stick frying pan until hot, add a little oil when very hot, then add the meat. Stir fry really briskly until brown, if cooked really fast there should be no juices, but take care not to overcook. Lift out with a slotted spoon onto a plate. 3. Put the butter in the pan, add the onions and cook over a low heat until the onions are really tender. 4. Sprinkle in the paprika and stir in the mushrooms. Turn up the heat and toss for a minute. 5. Add the pork and cream to the pan and heat through. Add the lemon juice and season with salt and pepper. 6. Serve with fluffy rice.

This is 'B' vitamin day, also high are iron, zinc & selenium. B vitamins are used in the bodies digestion processes, whilst selenium helps the immune system and is required for cell reproduction and zinc helps wounds heal.





Day 7 Meal Plan



- Pancakes
- Beans on toast
- Jollof rice with peas (vegetarian)
- Roast or slow cooker/pressure cooker pork (meat)
- Rice pudding

Breakfast - Pancakes

Serves 4: See Day 3 for ingredients & method

Lunch - Beans on toast

Per person: 90g cheese (use any hard cheese but strong cheese will give you more flavour for less! 2 slices of whole meal bread (For extra fibre)

1. Put bread under grill and toast .
2. Slice or grate cheese (grated cheese tends to lead to using less.
3. Once one side is toasted, turn over add 1/2 cheese to each slice.
4. Grill until cheese is bubbling.

Dinner - Roast or slow/pressure cooker pork with vegetables (meat)

Serves 4: Prepare double the meat to provide for day 1 leftovers. 1.5 -2kg Pork, 400 -500g potatoes, 1 small cabbage, 500g carrots, 750ml gravy Yorkshire puddings (140g plain flour, 4 egg, 200ml milk, 2-3 tbsp sunflower oil for cooking.

1. Place the joint of meat in an oven tray to pop into the oven.
2. Par Boil potatoes, drain, then toss in 1 tablespoon of oil, add to the tray.
3. Make Yorkshire puds.
4. Prepare the veg, ready to cook.
5. Once the meat is cooked, remove from the oven, set aside to rest.
6. Cook the veggies, make the gravy using the meat juices and serve. If using the slow/pressure cooker please refer to manufacturer's instructions. Often these can be one pot meals - except for the Yorkshire puds!

Dinner - Yorkshire Puddings

1. Heat oven to 230C/fan 210C/gas 8.
2. Drizzle & spread a little sunflower oil evenly into two 4-hole Yorkshire pudding tins or two 12-hole non-stick muffin tins and place in the oven to heat through.
3. To make the batter, tip 140g plain flour into a bowl and beat in 4 eggs until smooth.
4. Gradually add 200ml milk and carry on beating until the mix is lump-free. Season with salt and pepper.
5. Pour the batter into a jug, then remove the hot tins from the oven. Carefully and evenly pour the batter into the holes.
6. Place the tins back in the oven and leave undisturbed for 20-25 mins until the puddings have puffed up and browned.

Heat Utilisation:

To be prepared for day 1 make breakfast muffins or bread for the week whilst oven is on.

Dinner - Jollof rice (v)

Serves 4: 2 tbsp. rapeseed oil, 1 diced onion, thumb size piece of ginger, 2 garlic glove, ½ tsp nutmeg, 2tsp dried coriander, 1 tsp allspice. 1 tsp finely chopped fresh thyme, 1 tsp cumin, 1 x 400g can chopped tomatoes 2 tsp tomato puree, 200ml veg stock. Reserve 100ml for step 2, 300g rice, 200g Frozen peas, 1 red pepper diced, 1 tsp Lemon juice, salt & pepper. Sliced red chilli and spring onion to garnish.

1. Fry onions in oil for 2/3mins on medium heat. Add the ginger, lemon juice and spices to fry for a further 1 to 2 mins. If the spices start to stick mix a splash of stock water.
2. Mix in chopped tomatoes, pepper tomato puree, 100ml of veg stock. Turn up heat to bring to the boil. Once boiled reduce to a simmer for 10-15minutes. Add some of the reserved stock to the pan if sticking
3. Add peas, basmati rice and remaining stock to the pan, stir till combined. Increase the heat till it starts to gently simmer. Keep the lid on and cook for 15mins.
4. Turn off the heat, leave the lid to finish cooking for another 10mins.

Snacks - rice pudding

Serves 4: Prepare double to provide for day 1 leftovers. 100g pudding rice, butter, for the dish, 50g sugar, 700ml semi-skimmed milk, pinch of grated nutmeg or strip lemon zest, 1 bay leaf, or strip lemon zest

1. Heat the oven to 150C/130C fan/gas 2.
2. Wash and drain the rice.
3. Butter a 850ml baking dish, then tip in the rice and sugar and stir through the milk.
4. Sprinkle in the nutmeg and top with the bay leaf or lemon zest.
5. Cook for 2 hrs or until the pudding wobbles ever so slightly when shaken.

Pan method: Serves 4: Prepare double to provide for day 1 leftovers 100g pudding rice, 375ml semi skimmed milk, 2 tbsp sugar

1. Add the rice, milk and sugar to a saucepan.
2. Bring to the boil on the hob.
3. Turn down to simmer slowly for 30 - 40 minutes, stirring occasionally to ensure it doesn't catch on the bottom.
4. Serve with stewed fruit, raisins, cinnamon or honey.

Today is packed with B vitamins to keep our bodies healthy and ensures our digestion is running smoothly.

The muffins can be frozen to make them last longer. Not putting the oven on? - then pancakes are your best friend! And as with muffins, make and freeze the pancakes for treats or breakfast on the go.





Shopping List - Vegetarian

Costs are based on Aldi & Tesco's own brand price list as April 2022

- 12 Apples, £1.80
- 1 Cauliflower, 79p
- 1 piece Ginger, 50p
- 1 tube of tomato puree or ketchup, 31p
- 1.5kg Bag of plain flour, 45p
- 1.5kg Carrots, 45p
- 150ml Soy sauce, 49p
- 12 Stock Cubes 37p
- 15 Eggs, £1.18
- 1kg Onions 50p
- 1kg Porridge Oats, 75p
- 1kg Rice, 45p
- 1kg Granulated Sugar, 65p
- 4 x 500ml Yoghurt, £1.47
- 1ltr Vegetable Oil, £1.15
- 1x100g Curry Powder, 79p
- 1x8 packet of wraps, 49p
- 2 bars of 100g Chocolate, 60p
- 2 Cabbages, £1.18
- 2 Fresh tomato, 24p
- 2 Red peppers, 84p
- 2 x500g Corn flakes, £1.10
- 70g Baking Powder, 79p
- 11g Oregano, 49p
- 2.5kg Potatoes, 91p
- 250g Butter/spread, £1.55
- 250ml Lemon Juice, 35p
- 2x500g Red Lentils, £1.98
- 300g Bean sprouts, 71p
- 340g Peanut butter, 89p
- 350g Celery, 79p
- 4 Garlic bulbs, 79p
- 400g Mushrooms, 79p
- 2x 400g strong cheese, £3.58
- 4x411g tins of peaches, 1.24
- 5 Bananas, 70p
- 500g bag of frozen fruit, £1.25
- 500g Noodles, 85p
- 500g Pasta, 29p
- 6x400g tins tomatoes, £1.68
- 5x410g Baked Beans, £1.10
- 6 Eggs, 59p
- 6 Pints of Milk, £2.16
- 900g Frozen Garden Peas, £1.00
- 2 x Bread Medium sliced whole meal, £1.44
- 500g pudding rice, £1.00
- 40g Cumin, 49p

**Try not to shop
when hungry!**





Shopping List - Meat

Costs are based on Aldi & Tesco's own brand price list as April 2022

- 12 Apples, £1.80
- 1 Cauliflower, 79p
- 1 piece Ginger, 50p
- 1 tube of tomato , puree or ketchup, 31p
- 1.5kg Bag of plain flour, 45p
- 1.5kg Carrots, 45p
- 1.5kg Pork shoulder joint, £4.34
- 12 Stock Cubes, 37p
- 15 Eggs, £1.18
- 150ml Soy Sauce, 49p
- 1kg Chicken thighs, £1.99
- 1kg Oats, 75p
- 1kg onions, 50p
- 1kg Rice, 45p
- 1kg Granulated Sugar, 65p
- 1ltr Vegetable Oil, £1.15
- 1x100g Curry Powder, 79p
- 1x8 packet of wraps, 49p
- 2 bars of 100g Chocolate, 60p
- 2 Cabbages, £1.18
- 2 Red peppers, 84p
- 2 x500g Corn flakes, 55p
- 500g pudding rice, £1.00
- 70g Baking Powder, 79p
- 40g Cumin, 49p
- 11g Oregano, 49p
- 2.5kg Potatoes, 91p
- 250g Butter/spread, £1.55
- 250ml lemon juice, 35p
- 500g Red Lentils, 99p
- 300g Bean sprouts, 71p
- 340g Peanut butter, 89p
- 350g Celery, 79p
- 4 Garlic Bulbs, 79p
- 6xPints of Milk, £2.16
- 400g Mushrooms, 79p
- 2 x400g strong cheese, £3.58
- 450g Pork chops, £2.19
- 4x411g tins of peaches, £1.24
- 5 Bananas, 70p
- 500g bag of frozen fruit, £1.25
- 500g Pasta, 29p
- 4x500ml Yoghurt, £1.47
- 6x400g tins tomatoes, £1.68
- 5x410g Baked Beans, £1.10
- 6 Eggs, 55p
- 900g Frozen Garden Peas, £1.00
- 2 x Bread Medium sliced whole meal, £1.44
- 500g Mince 5% fat OR 25% fat 1kg, £3.78

Always check your cupboards before you go shopping

