

Recipes and ways to make your food go further.

Don't forget to check out our Facebook page [here](#).

Spotlight on.. The Cedarwood Trust

The Cedarwood Trust has opened its cutting-edge, environmentally friendly meal production kitchen which will deliver a range of benefits.

The excellent facilities will enable a new generation of catering students to gain valuable skills and hands-on experience in large scale production cooking. This will enable them to pursue successful careers in the catering sector.



Cedarwood has a team of trained chefs who bring passion to their work creating high quality meals and maintaining a prestigious 5-star food standard rating.

The kitchen has been designed to be as environmentally friendly as possible too.

This allows those ordering food from Cedarwood to know they are ordering sensibly - all fresh, chilled, and frozen food is delivered by electric vans.

For more information, please contact info@cedarwoodtrust.com

Recipe of the month.. Mini Milkshakes

With some warmer weather hopefully on the horizon, consider trying out some tasty milkshake ideas with our recipe of the month.

Ingredients:

- 1 small ripe banana (chopped)
- 400ml whole milk
- 100g natural yoghurt
- One small punnet blueberries
- Six strawberries
- One small punnet of raspberries
- 120g mango chunks (fresh or frozen)



- 200ml coconut milk (for drinking)
- Half a lime (cut into wedges)

Method:

- Put the banana, half the milk and half the yoghurt in a blender, and blend until smooth
- Pour into two portions and divide the blueberries between two skewers to make stirrers, then drop one into each portion - stir before serving
- Put the strawberries and half the raspberries in a blender with the rest of the milk and yoghurt, blend until smooth, then divide into two portions; push the remaining raspberries onto two skewers to make stirrers as before
- Blend the mango and coconut milk until smooth, then add a squeeze of lime, divide into two portions and serve with the lime wedges

Recipe from BBC Good Food

Supermarket savers..

**This weeks
Aldi's Super
6 offers are:**

- Cucum
ber -
59p
- Iceberg
lettuce -
59p
- Courget
te
(500g) -
95p
- Radish
(240g) -
39p
- Avocad
o - 59p
- Vine
tomato
es
(500g) -
99p



- 6 pack
mini
apples -
69p

**Lidl's pick of
the week (17–
23 August):**

- Twin
pack of
corn on
the cob
- 79p
- White
grapes
(500g) -
£1.29
- Mini
lettuce
(2
pack) -
69p
- Chicke
n
drumsti
cks
(2kg) -
£3.99
- Italian
style
pork
loin
steaks
(660g 6
pack) -
£4.49

Iceland:

- 4 pint
whole
milk -
£1.45
- Warbur
tons
toastie
white
bread

- (800g) -
3 for £3
- Pasta
sopran
o fusilli
(500g) -
75p
- Young'
s 15
fish
fingers
(450g) -
£2

Top tips..

Here are some healthy breakfast ideas to kick start your day:

- Pick porridge, muesli, wheat or bran cereals with semi-skimmed milk - try to avoid cereals with added sugar and fat
- Boil an egg and have it with wholemeal bread soldiers
- Try wholemeal toast with peanut butter, jam or Marmite
- Go for it with grilled tomato on toast
- Launch your day with a lean grilled bacon sandwich
- Make fab fruit smoothies with plain low fat yoghurt or semi-skimmed milk
- Jazz up low-fat yoghurt by adding sliced fruit



From www.gosh.nhs.uk

Future events and programmes

North Tyneside Together

A free festival celebrating North Tyneside's cultural diversity taking place in and around Northumberland Square. North Tyneside Together features live music, dance, street food, activities for children and sport sessions. There will be free kids meals on the day for children who are eligible for the [ease INTO programme](#). Once you've registered and are signed up to [book online](#), just search 'North Tyneside Together' to find the kids meal offers.

Healthy4Life

Are you worried about your child's weight?

A 10 week programme to support you and your family to make healthy lifestyle changes together.

Interactive sessions are delivered by an expert and friendly team and focus on nutrition and physical activity to give you and your family a real boost.

Sessions take place once a week, after school. Children aged 8 to 13, choose from 4.15-6.15pm on:

- Tuesdays at The Lakeside Centre (from 26th September) or;
- Wednesdays (from 27th September) at The Parks Sports Centre

In 10 weeks the programme covers:

- Simple food swaps to reduce fat and sugar intake
- The right size portions for children and adults
- How to understand food labels and make healthier choices
- Easy ways to get more physical activity into your every day life

Eligibility criteria applies, get in touch to sign up or for more information:

- 0191 643 7454
- CHAT@northtyneside.gov.uk
- www.activenorthtyneside.org.uk