

[View this email in your browser](#)

# Food North Tyneside



**Recipes and ways to make your food go further.**

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

**Spotlight on... Food Waste Action Week**

**Food Waste Action Week** takes place from 18-24 March 2024.

The Waste and Resources Action Programme (WRAP) reports that “currently, 60% of the food that is wasted in the UK is wasted by citizens in their own homes. That’s 4.7 million tonnes of food being thrown away every year that could have been eaten.”

The aim of this years campaign is to encourage people to buy loose fruits and vegetables, so we only buy what we will use. This is to make people aware that “25% of this wasted food is as a result of people cooking, preparing or serving too much - this costs UK households £4.9 billion each year.”

Food Waste Action Week is being promoted by celebrity chef Gino D’Acampo. Information about resources and an online partner event taking place on Thursday 21 March can be found on [the WRAP website](#).

**CHOOSE  
WHAT  
YOU’LL USE**



**Recipe of the month... Ham, leek and potato pie**

This recipe is ideal for using up any spare ingredients you may have:

### Ingredients:

- 2 tbsp butter
- 1 large onion (finely chopped)
- 3 leeks (finely sliced)
- 2 large potatoes (cut into small cubes)
- 2 tbsp plain flour, plus extra for dusting
- 300ml chicken or ham stock
- 100ml pot crème fraîche (or use leftover double cream)
- 2 tsp wholegrain mustard
- 200g cooked ham (shredded)
- 4 bay leaves, optional
- 375g pack puff pastry
- 1 egg (beaten) to glaze (or use milk)

### Method:

- Heat a large frying pan and melt the butter, then add the onion and leeks
- Cover, then very gently cook for 15 minutes until soft, then add the potatoes
- Stir in the flour, turn up the heat, then add the stock, stirring until the mix thickens a little
- Take off the heat and stir in the crème fraîche, mustard and ham
- Season to taste (then cool, if you have time), spoon the mix into a large pie dish, adding a couple of bay leaves
- Heat the oven to 220C/fan 200C/gas 7
- Roll out the pastry on a floured surface to the thickness of a £1 coin - cut a pastry strip the same width as the lip of the dish, wet the edge of the dish with egg, then fix the strip around it. Brush the top with egg, then lay over the remaining pastry
- Trim pastry to the edge of the dish, then ruffle the cut edges with the knife blade to help the layers rise
- Cut a few slits to let the steam escape, decorate with bay leaves, if you like, then brush all over the top with egg
- Bake for 30 mins until risen

Can be done up to a day ahead, keep chilled.

**Recipe from BBC Good Food**



## Supermarket savers...

### Some of this week's Aldi's offers are:

- Loose bananas (each) - 16p
- Loose baking potatoes (each) - 23p

### Lidl's pick of the week (22–28 March):

- Courgettes (per kg) - £1.99
- White cabbage (each) - 49p

### ASDA

- Pineapple (each) - 69p
- Aubergine (each) - 59p
- Lime (each) - 25p



## Top tips..

### ease INTO Easter

Activities are now available to book for the ease INTO Easter programme, including cooking activities with Fun Little Foodies and Whitley Bay Food and Nutrition.

Funded spaces are available for children who meet eligibility criteria, but there are paid spaces available too, so everyone can get involved.

Each activity includes a healthy meal for each child, every day. To find out more about the programme and how to book your child's space, visit [the ease INTO pages of the North Tyneside Council website](#).



*Copyright (C) 2024 North Tyneside Council. All rights reserved.*  
You are receiving this email because you have opted in to our Food North Tyneside newsletter.

Our mailing address is:  
North Tyneside Council  
16 The Silverlink North  
Cobalt Business Park  
Newcastle Upon Tyne, Tyne And Wear NE27 0BY  
United Kingdom

[Add us to your address book](#)

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe](#)