

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

**Don't forget to check out our Facebook page here.**

## **Spotlight on... Family Gateway**

Based at the Howdon Community Hub, Family Gateway is one of the Warm Welcome venues which has opened this month.

A warm welcome awaits all members of the community with free tea, coffee and soup available from 10am to 2pm every Tuesday.

As well as a comfortable place to relax, there will be activities on offer and health and wellbeing staff will be available to assist with any queries or questions people may have.

The full list of Warm Welcome venues can be found [here](#).

Warm Welcomes will be available from November 2023 until March 2024.



**Warm Welcome**  
IN NORTH TYNESIDE

## **Recipe of the month... Tomato & pasta soup**

### **Ingredients**

- 2 tbsp olive oil
- 1 onion (chopped)
- 2 celery sticks (chopped)
- 2 garlic cloves (crushed)
- 1 tbsp tomato purée
- 400g tin chopped tomatoes
- 400g tin chickpeas
- 150g orzo or other small pasta shapes
- 700ml vegetable stock
- 2 tbsp basil pesto
- crusty bread (to serve)

### **Method**

- Heat half the oil in a large saucepan, add the onion and celery and fry for 10 to 15 minutes or



until starting to soften, then add the garlic and cook for another minute

- Stir in all the other ingredients, except for the pesto and remaining oil, and bring to the boil
- Reduce the heat and leave to simmer for 6 to 8 minutes, or until the pasta is tender, season to taste, then ladle into bowls
- Mix the remaining oil with the pesto, then drizzle over the soup, serve with chunks of crusty bread

**Recipe from BBC Good Food**

**Supermarket savers...**

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

- Conference pears (610g) - 99p
- Shallots (400g) - 59p
- Sprouts (500g) - 69p
- Grapefruit (each) - 29p
- Green beans (200g) - 69p
- Chantenay carrots (500g) - 49p

**Lidl's pick of  
the week (16–  
22  
November):**

- Funsized apples (6 pack) - 79p
- Fine beans (200g) - 99p
- Spring onions (bunch) - 39p
- Flat mushrooms



- (250g) -  
69p
- Lemons  
& limes  
(5 pack)  
- 89p

**Tesco  
(Clubcard  
prices):**

- Clementines  
(600g) -  
95p
- Celery  
sticks  
(250g) -  
65p
- Honeydew  
melon -  
£1.79
- Extra  
fine  
beans  
(200g) -  
£1.55

## Top tips..

Here are some top tips for healthy eating:

- Base your meals on higher fibre starchy carbohydrates
- Eat lots of fruit and veg
- Eat more fish, including a portion of oily fish
- Cut down on saturated fat and sugar
- Eat less salt (no more than 6g a day for adults)
- Get active and be a healthy weight
- Do not let yourself get thirsty
- Do not skip breakfast

From [www.nhs.uk](http://www.nhs.uk)

