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Food North Tyneside



Recipes and ways to make your food go further.

You said, we did

If you would like to make any suggestions on things we could do better, please fill in our short survey [here](#) to tell us what you think, or email us at food@northtyneside.gov.uk

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

Spotlight on..

Taste it don't waste it!

This month we have been finding out more from Richardson's Dee's Primary School who have been working with Phunky Foods to come up with their own project.

Here is what they have to say about their project.

TASTE IT DON'T WASTE IT!!!

This idea started as part of a Micro Tyco project in conjunction with Phunky Foods. We were given the task to come up with an idea to address one of the UN sustainable goals. We had the idea to try to stop world hunger as a goal for our group. Our idea started as a group where we discussed our ideas and how we are going to make our project come to life. Our idea was then chosen out of all the others in our class and we got to pitch our idea to members of North Tyneside Council, Phunky Foods and Micro Tyco.

We started to create our idea by thinking about how many people struggle to have enough food in the world and community. We can't stop world hunger, but we can try to prevent it happening as much. This idea was to help families with food shortages since prices have increased



19% in the UK. Taste It Don't Waste It! We would like to provide families with a free box of ingredients and a recipe with enough food to feed up to a family of four. The ingredients chosen, are ones that are available to find at any food bank.

We would like our boxes to include all of the ingredients measured out already and there will be a link to step-by-step video instructions if needed. We have created our logo alongside the Burnside computing staff. The idea for this came from our school logo-a fingerprint rainbow-and our slogan 'Taste it. Don't Waste It!' with a chef hat in the middle to link to food. We know that a lot of food gets wasted so that's how we came up with our slogan 'Taste it. Don't waste it'.

We are still in progress with our project and will be passing it over to other pupils in the school as we move on to high school.

If you know of any other projects in the community or in schools who would like to shine a spotlight on their selves in our monthly newsletter please let us know at food@northtyneside.gov.uk

Recipe of the month..

Mini pizzas

This recipe is by Active North Tyneside and has been used in one of the Mini Movers sessions this month while they celebrated Healthy Eating Week 2023.

Ingredients:

- Crumpets or muffins sliced in half
- Passata sauce
- 1 thinly sliced tomato
- 2 tbsp sweetcorn
- 2 slices of chopped ham
- 4 chopped mushrooms
- ½tsp mixed herbs
- 2-inch square grated cheese



Method:

- Pre heat the oven to 190c or gas mark 5
- Spread muffins or crumpets with a thin layer of passata
- Add any toppings you have chopped up from your ingredients list ending with your grated cheese and a sprinkle of herbs
- Place in the oven for approximately 10-15 minutes or until your cheese starts bubbling

Supermarket savers..

To make this month's recipe you can get all the ingredients from Asda for £7.15:

- Asda passata sauce – 60p
- Asda 6 pack of crumpets - 50p
- Tomatoes – 60p
- Asda essential tinned sweetcorn – 55p
- Asda essentials ham – 92p
- Asda tinned sliced mushrooms – 70p
- Asda essentials 500g grated cheese - £2.80
- Asda mixed herbs - 48p



Here are some other weekly deals other supermarkets currently have on:

Aldi

- Emporium grill halloumi burgers 4 pack - £2.19
- Natures pick Mediterranean

vegetables -
£1.49

- Radishes - 29p
- Pineapple – 69p

Iceland

- Frys chicken style burgers - £1.50
- Richmond thick sausages - £1.50
- Iceland 4 deli rolls - 65p
- Iceland unsmoked bacon - £1
- Chicken oriental noodles - 40p



Morrisons

- Morrisons humous 2 for £2
- Wholemeal pitta breads - 50p
- Porridge oats £1.25
- Peach and apricot yogurt drink (8 pack) - £1.55
- Morrisons saver low fat natural yogurt – 35p
- Morrisons frozen mixed veg – 85p



Top tips..

Last week was Healthy Eating Week 2023 so here is some information on how you can make some small adjustments to your lifestyle to live that little bit healthier.

Healthy eating is about having a variety of foods in your diet to make it balanced.

The eat well guide is designed to help you understand what types of food should be in your overall diet and how much of each food group to eat.

Most of us still are not eating enough fruit and vegetables. They should make up just over a third of the food we eat each day. Aim to eat at least five portions of a variety of fruits and vegetables each day. Choose from fresh, frozen, tinned, dried, or juiced. Remember that fruit juice and smoothies should be limited to no more than a combined total of 150ml a day.

As the weather has been so lovely it is very important to remember to drink enough water!



Water helps prevent bloating that can be caused by dehydration.

By ensuring your water intake is adequate, your body won't cling to it in fear that it won't get any more when it needs it!

A lot of people find it difficult to drink enough water throughout the day, or simply don't enjoy drinking it. Try:

- Adding cucumber/berries into your water for a tasty flavour boost
- Invest in a large water bottle to keep on your desk at work – a lot of the time you're just too busy to head to the water cooler
- Always drink water before eating – you may just be dehydrated and not hungry.



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