

[View this email in your browser](#)

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.. VODA

VODA provides support, advice, training and information to volunteers and voluntary and community organisations operating in North Tyneside.

VODA offers support via a wide range of support services and by representing the views of the sector to government and policy makers on a local and national level.

Grow & Eat is a collaborative project hosted by VODA and funded by North Tyneside Council with support from Public Health and Active North Tyneside.

The project aims to help communities in the area learn how to make efficient use of their space in order to grow food and improve their health and wellbeing.

Since the start of the project in October 2022, Grow & Eat has reached out to more than 33 community, not-for-profit organisations and collaborated with 26 of them in various ways.



Ten organisations have been awarded the Grow & Eat grant to help them develop or improve their outdoor space in order to grow food, to benefit their local communities.

There have been seed sowing sessions in collaboration with partners where old pots, food containers and punnets have been upcycled and used as seed trays, in order to promote the Reduce-Reuse-Recycle philosophy and cut down on plastic use.

Participants keep the seed trays and learn about the importance of growing some of their own food, no matter how much space they have, even if it's a windowsill!

The first networking event, the Spring Social, took place in March for community gardens, charitable organisations, community groups, volunteers and anyone who is or wants to be involved in community gardening.

The groups met one another to share their plans for the growing season ahead and exchange ideas on how they can support one another.

Hopefully, this was the first step towards the creation of a North Tyneside-wide Community Garden Network.

There are many ways to get involved with the Grow & Eat project, whether you are a North Tyneside resident, business, community group or charitable organisation.

Please visit www.voda.org.uk/grow-eat or get in touch with the Grow & Eat development worker by emailing Vicky.Batsioudi@voda.org.uk

If you want to know more about the other projects and services that VODA offers, visit www.voda.org.uk.

Alternatively, you can visit in person in VODA's new office space located on the second floor of the Wallsend Customer First Centre in the Forum Shopping Centre, NE28 8JR or call 0191 643 2626 (open to the public, Monday to Friday, 9am to 5pm).



Recipe of the month..

As this week is National Vegetarian Week, this month's recipe of the month is a vegetarian shepherd's pie with sweet potato!

Ingredients:

- 1 tbsp olive oil
- 1 large onion (chopped)
- 2 large carrots (chopped)
- 2 tbsp of chopped thyme
- 200ml red wine
- 400g tin of chopped tomatoes
- 2 veg stock cubes
- 410g tin of green lentils
- 950g sweet potatoes (peeled and cut into chunks)
- 25g butter
- 85g of grated vegetarian mature cheddar



Method:

- Heat 1 tbsp olive oil in a frying pan, then fry 1 chopped onion until golden
- Add the carrots and most of the 2 tbsp chopped thyme, reserving a sprinkling for later
- Pour in 200ml red wine, 150ml water and the chopped tomatoes, then crumble in 2 vegetable stock cubes and simmer for 10 mins
- Tip in the green lentils, including the juice, then cover and simmer for another 10 mins until the carrots still have a bit of bite and the lentils are pulpy
- Meanwhile, boil the sweet potatoes for 15 mins until tender, drain well, then mash with 25g butter and season to taste
- Pile the lentil mixture into a pie dish, spoon the mash on top, then sprinkle over the cheese and the remaining thyme - the pie can now be covered and chilled for 2 days, or frozen for up to a month
- Heat oven to 190C/170C fan/gas 5, cook for 20 mins if cooking straight away, or for 40 mins from chilled, until golden and hot all the way through - serve with broccoli



This recipe was provided by BBC Good Food.

Supermarket savers..

If you are interested in making this month's recipe of the month you can get most of the ingredients from Aldi for £8.65.

- Mature grated cheese, £1.99
- Infused olive oil, £1.85
- Greenvale buttery butter, 99p
- Tinned green lentils, 59p
- Vegetable stock cubes, 54p
- Tinned chopped essential tomatoes, 32p
- 3 pack onions, 95p
- Bag of carrots, 33p
- 1kg of sweet potatoes, £1.09



Here are some of the other supermarket savers we have found this month:

Morrisons:

- Morrisons fusilli (500g) currently 95p or two bags for £1.50
- Morrisons ready to eat crispy salad currently 89p or 2 bags for £1
- Morrisons baked beans currently 24p
- Wholemeal tasty Hovis bread on offer for £1
- Belvita breakfast biscuits currently £1.25

Some of Tesco's current Clubcard offers are:

- 12 thick pork sausages £2
- Tesco British wafer-thin ham two for £3.50
- Lurpak butter £1.90
- Pineapple 75p
- Alpro oat milk £1.50

Asda

- Gluten fruit 'Nakd' fruit and nut bars £1.65
- Uncle bens microwave rice £1.25
- Activia muesli breakfast yogurt pot £1.10 or 4 for £3
- Asda grapes 2 for £2
- Ready to eat large mangos 69p



Top tips..

Keeping with the theme of National Vegetarian Week, here are some top tips recommended by BBC Good Food on how to eat a well-balanced diet when vegetarian:

- Include protein sources such as eggs, dairy or fortified plant alternatives, soya, pulses, beans, nuts, and seeds
- Eat a minimum of five portions of fruit and vegetables daily
- Include wholegrain versions of bread, rice or pasta
- Choose cold-pressed, unsaturated oils, where possible, and nuts and seeds including flax, chia and walnuts, as well as omega-3 enriched eggs
- Include mineral-rich foods such as beans, lentils, nuts, seeds, dried fruit, leafy greens, fortified cereals and plant milks as well as wholegrains
- If you avoid dairy, check the label on plant alternatives to ensure they are fortified with nutrients such as calcium, vitamins B12, D and potentially iodine



Copyright (C) 2023 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](#)