



EAT WELL, SPEND LESS –

top tips for eating
well on a budget

Rising living costs have meant many of us are trying to make savings where we can.

Look inside for tips to save money on your food shopping and cooking, healthy, nutritious and delicious recipes as well as some places to find extra support if you need it.

BECAUSE THERE'S ONLY **ONE YOU**



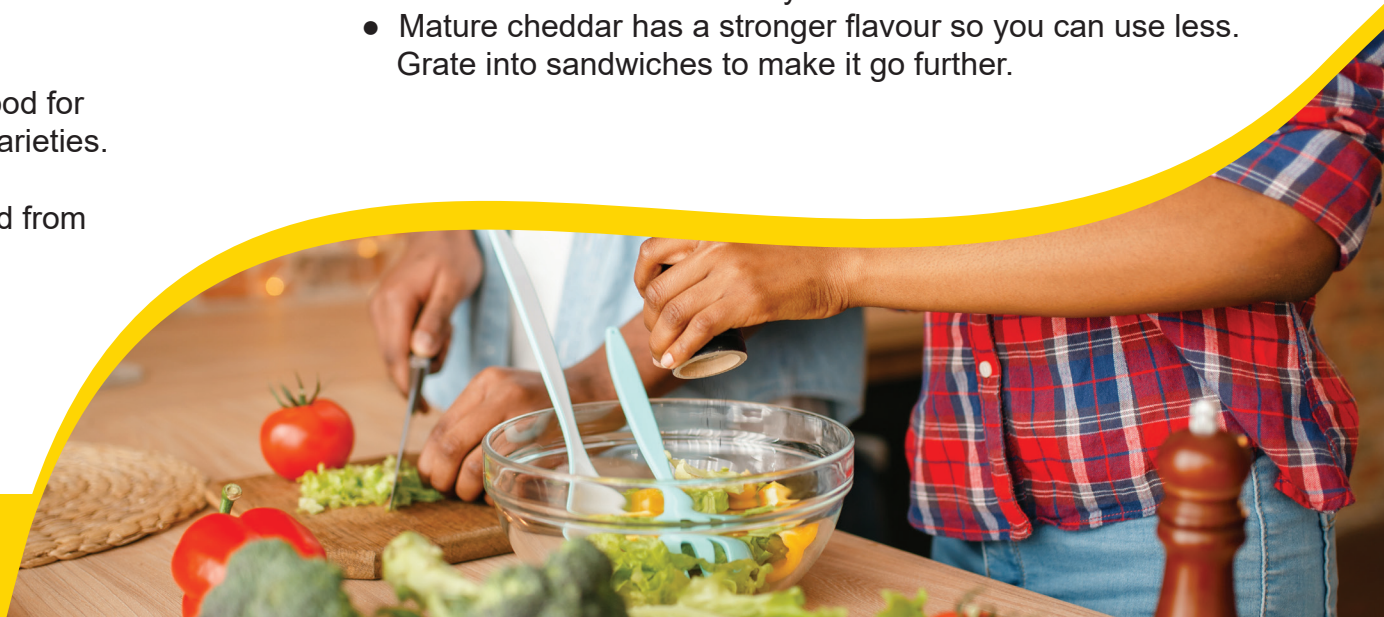
Kent Community Health
NHS Foundation Trust

SAVING MONEY ON YOUR WEEKLY SHOP

- Plan meals and write a shopping list. Check your cupboards and fridge to see what you need to use up first.
- Give yourself time to look for bargains and don't go shopping when you're hungry, you'll be less likely to make impulse buys.
- You can often find fresh food marked down at the end of the day. Freeze it when you get home and use within three months.
- Buy in bulk and maybe shop with a friend so you can split bulk-buy discounts like buy one get one free to save money without wastage.
- Bulk buy packs of meat or fish, separate them and freeze the ones you know you won't use by the use-by date.
- Buy larger pots of yogurt or packs of cheese as these are better value. You can grate cheese and freeze it for sauces.
- Buy own shop brands. Cheaper products are not always at eye level so look up and down to find the best deal. Also look for 'wonky' and loose fruit and vegetables which can be much cheaper than pre-packed items.
- Buy seasonal fresh fruit and vegetables.
- Frozen or tinned fruit and vegetables are just as good for you if not better and are often cheaper than fresh varieties. Stock up when there are good deals on.
- Download the 'Too good to go' app for reduced food from supermarkets and restaurants that hasn't sold.

SAVING MONEY WHEN YOU COOK

- Cook double portions and freeze leftovers. Save old plastic tubs like ice cream containers to put leftovers in.
- Roast a chicken and use the leftovers in other meals like chicken stir-fry.
- A full freezer is more economical, so fill it up with leftovers, bread or milk. Thaw food overnight in the fridge and reheat until it's steaming hot. Never refreeze food if it's already been frozen and thawed.
- Use a slow cooker or make one-pot or tray-bake dishes. These only cost 20 to 25 pence per meal.
- Meat is expensive so add vegetables, beans or pulses to make your meal go further and keep you fuller for longer. Try to go half-and-half — can you swap half your beef mince for lentils? Or half your chicken for chickpeas? Have two meat-free days a week to keep costs down.
- Use a top oven if you have one for smaller items. Pre-cook jacket potatoes in a microwave first and cook a few things in the oven at once to be really efficient.
- Mature cheddar has a stronger flavour so you can use less. Grate into sandwiches to make it go further.



HEALTHY, LOW COST MEALS

Visit www.nhs.uk/healthier-families/recipes for more ideas!



Breakfast

- Porridge oats soaked overnight with yoghurt and frozen fruit.
- Boiled egg and soldiers (make some hardboiled for sandwiches).
- Hot porridge with chopped bananas or dried fruit.
- Bowl of cereal with milk and portion of dried fruit.
- Yoghurt with tinned or frozen fruit.

Banana pancakes

Makes six pancakes, 20p per serving

Method:

Mix the flour and baking powder to a large bowl. In a measuring jug, add the milk and then crack in both eggs and mix with a fork. Add the mixture to the flour and sugar and whisk until smooth. In a separate bowl, peel the banana and mash with a fork and add to the mixture. Continue to whisk until smooth.

To make the pancakes:

Heat 1tsp of vegetable oil in a large frying pan. Add two small ladles of the mixture to the pan. After a couple of minutes when the mixture starts to bubble, flip the pancake to cook the other side.

Ingredients:

- 125g self-raising flour
- half tsp baking powder
- two eggs
- 300ml milk
- tablespoon vegetable oil
- one large banana.



Lighter meals

- Leftovers omelette with potatoes.
- Wraps or sandwiches with cheese and cucumber, hummus and cucumber, ham and tomato or egg.
- Jacket potato and cheesy beans or tuna, sweetcorn and mayo, or leftover chilli con carne or Bolognese sauce.
- Toast with cheese and tomato, scrambled eggs, peanut butter, cheesy beans, fried eggs, sardines.
- Homemade or tinned soup and wholemeal roll.
- Couscous salad flavoured with a stock cube, with chickpeas, tomatoes, celery, pepper, cucumber and sweetcorn.

Couscous and mackerel, peppers and red onion

Serves four,
90p per serving

Method:

Pour 250ml of boiling water over the couscous. Cover and leave for 10 minutes then fluff with a fork. Meanwhile chop the red onion and pepper into small pieces. Remove the skin from the mackerel and flake into large chunks.

Mix the mackerel, red onion and pepper through the couscous and add salt and pepper for seasoning. Serve with salad.

You can alternate the fish with cucumber, tomatoes, olives, feta cheese if you prefer.

Ingredients:

- 200g couscous
- 240g mackerel fillets / two tins of mackerel
- one red onion
- one yellow pepper
- salt and pepper.

Main meals

- Vegetable curry with frozen vegetables.
- Pasta and Bolognese sauce.
- Chicken stew with jollof rice.
- Rice, peas and mackerel in tomato sauce.
- Lentil shepherd's pie.
- Goulash.
- Vegetarian fajitas.

Use a slow cooker or one pot to make chilli con carne, Bolognese sauce, corn beef hash and casseroles and stews.

Shakshuka

Serves two to three, 80p per serving

Method:

Heat the vegetable oil in a large frying pan. Add the red pepper and onion and fry until softened. Add the spices and cook for a further minute or two. Add the tinned tomatoes and gently simmer for 10 minutes.

Make four wells in the pan and crack in the eggs. Cover with a lid until the eggs are cooked and serve. Serve with crusty bread.

Ingredients:

- 1tbsp vegetable oil
- One red pepper
- One red onion
- 400g tinned tomatoes
- One tsp smoked paprika
- One tsp coriander
- Four eggs.



Snacks

- Hot buttered crumpets with jam, marmite or peanut butter.
- Hot crossed buns.
- Malt loaf with spread.
- Cream cheese and crackers and vegetable sticks.
- Bread sticks and hummus.
- Microwave popcorn.
- Boiled eggs.
- Cheese and tinned pineapple.
- Plain yoghurt with one tsp jam or lemon curd mixed in and tinned fruit.

Desserts

- Banana and tinned custard.
- Rice pudding and tinned peaches or jam.
- Pineapple and plain yoghurt.

Sponge cake in a mug

Makes two, 41p per serving

Method:

Place the butter in a large mug and microwave it for 20 to 30 seconds until melted. Add the egg and whisk it in with a fork. Stir in the milk, vanilla and sugar. Add the flour and salt. Beat until smooth. Divide the batter between two mugs only half filling the mug with batter. Microwave separately for one minute 30 seconds to two minutes 30 seconds each until risen and firm. If still not firm, keep cooking in 15-second bursts.

Ingredients:

- Two tablespoons butter or spread
- One large egg
- Two tablespoons milk
- One teaspoon pure vanilla extract
- 32g granulated sugar
- 85g self-raising flour
- A pinch of salt.

If you are struggling to afford basic necessities or worried about your finances, there is support out there for you.

1. Find your local Food Bank at www.kent.gov.uk/foodbank
2. Kent Support and Assistance Service (KSAS) can offer support if you experience an unforeseen, short-term crisis www.kent.gov.uk/ksas
3. Optivo can offer free guidance to reduce debts www.optivo.org.uk
4. Kent Savers can help you feel more in control of your finances www.kentsavers.co.uk
5. If you are pregnant or have young children you may be eligible for Healthy Start Vouchers www.healthystart.nhs.uk

One You Kent

If you want support to boost your motivation or kick-start some lifestyle changes, One You Kent can help.

Small changes can make a big difference, they offer a free service to help you take the first steps towards a healthier lifestyle. They have free group or one-to-one sessions where you can get help to:

- feel motivated
- overcome barriers
- introduce some lifestyle changes
- signpost you to further support.

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