

Helping Hand Tameside



Find help local to you.

One Pot at a Time Recipe Book and Energy Saving Tips

Including example shopping lists
and tasty slow cooker recipes!

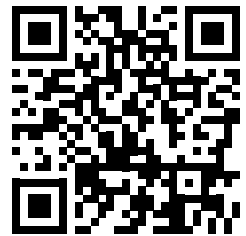
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Call our Customer Service Team on

📞 0161 342 8355

🌐 www.tameside.gov.uk/helpinghand

📖 Find Support at your local library



Scan the QR Code
for more information

Helping Hand Contents



This booklet brings together easy ways you can save money, including:

- Advice on small changes to your daily habits which can make a difference to your bills.
- Making your food go further: tasty example shopping lists and slow cooker recipes.
- Links to services to support you with managing your money, becoming more energy efficient and support for your mental health and wellbeing.

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Visit www.tameside.gov.uk/helpinghand for cost of living support

Money Saving Tips



Money Saving Tips

Hot water bottle or electric blanket

Using a hot water bottle or electric blanket is a low-cost way to keep cosy. Pop your hot water bottle in-between your sheets or your electric blanket on just before you got to bed.

Please remember to have your electric blankets checked every three years, it's also worth replacing it if it's more than 10 years old.

Keep warm, use hot water bottles or an electric blanket. Do not use both at the same time as it can be dangerous!

Draught proofing your house

Draught proofing your house makes a difference, keep the warm air in and the cold air out. By fitting draught-proof strips and draught excluders around doors, window film and sealing gaps around window frames you can save approximately £70 a year by draught proofing and it's the cheapest way you can stop heat escaping.

If you do fit any of these devices, make sure you leave some ventilation to reduce condensations and the build-up of waste gases from fuel burning appliances.

Remember to Keep doors closed wherever possible to stop warm or cool air from escaping. Visit page 5 to find out how you can receive support to make your home more energy efficient.

You will be surprised how these small changes make difference to your electricity bills (and you're making a positive difference to the environment!).

Washing

Make small changes to how and when you do your washing. Try to run your washing machine during off peak periods (your energy supplier will be able to tell you when these are). Do fewer, fuller washes and wash at a lower temperature.

Instead of using your tumble dryer, hang clothes to dry. If you get a new washing machine, make sure you check it has a good energy rating.

Kettle

Fancy a cuppa? When you boil the kettle, fill it with just the right amount of water.

Windows and Radiators

Remove obstructions from windows and radiators to make best use of daylight and make sure heating systems are operating efficiently. Turn down radiators fitted with valves in the rooms you don't use. This can save you around £70 a year.

Water

Water saving wonders. Make sure you get dripping taps fixed. Take a shower instead of a bath, it uses a third of the amount of water!

Lights

Switch off lights and electrical equipment when not in use. Visit www.moneysavingexpert.com for more money saving hints and tips.

Tameside's Warm Welcome Hubs



Tameside's Warm Welcome Hubs

Tameside's Warm Welcome hubs are free spaces for you to work, relax or socialise in the borough. Spending time at these facilities may help you reduce your use of energy at home.

At many of the hubs, you can relax by reading books and using computers. Some have group activities which give you the opportunity to socialise.

Some hubs provide free food and drinks, space to work, free wi-fi and parking. Also many provide facilities to charge your electronics such as your phone or laptops. Please check the below web page to see what facilities they offer before travelling.

To find out where your local Warm Welcome Spaces are, get in touch with us by phone, in-person at one of our libraries or visit

 www.tameside.gov.uk/helpinghand/warm-welcome-hub

To find other Warm Welcome Spaces nationally please visit

 www.warmwelcome.co.uk

If you would like to register your business or organisation as a warm hub, please contact

 communications@tameside.gov.uk

Please remember, our libraries offer so much more beyond books, they provide a warm, safe and welcoming space for everyone.

For more information on our libraries and what they offer visit

 www.tameside.gov.uk/libraries

We have 8 welcoming libraries across Tameside, find out where they are and how to contact them by calling our customer service team on  **0161 342 8355** or by visiting

 www.tameside.gov.uk/helpinghand/warm-welcome-hub

Would you like to register your building in Tameside as a Warm Welcome Hub?



Get in touch with us by emailing  communications@tameside.gov.uk

For more information visit  www.tameside.gov.uk/helpinghand

 **Tameside**
Metropolitan Borough

Making Your Home Energy Efficient



Making Your Home Energy Efficient

Making improvements to your home on your own or with support from the following organisations can you save you money.

Help to Heat is a government led scheme, investing £12 billion to make homes cheaper to heat.

You can search for energy grants to make your home cheaper to heat at www.gov.uk/government/collections/find-energy-grants-for-you-home-help-to-heat

Energy Works Green Doctors are helping Greater Manchester residents become warmer, healthier and better off in their homes by providing energy saving advice and home improvements to put an end to cold homes.

Visit www.groundwork.org.uk/greendoctor for more information

Glasspool provide timely, small, one-off grants to individuals, couples and families for everyday items to help when things get tough, equip them to manage better day-to-day and enable them to build a stronger future.

Visit www.glasspool.org.uk for more information.

Local Energy Advice Programme (LEAP)

Once LEAP have checked your eligibility, you will get a FREE home visit from a qualified Home Energy Advisor who can help:

- Install FREE simple home energy measures (LED lighting, draught proofing etc)
- Give you day to day energy efficiency hints and tips and make sure your heating controller is working correctly
- Help you check if you are on the cheapest tariff
- Arrange a FREE telephone advice service to help with benefits, money and bill problems
- Refer you for further energy efficiency improvements such as loft or cavity wall insulation and in some instances a new boiler.

For more information about the scheme visit www.applyforleap.org.uk or call **0800 060 7567**

Support with Energy Bills



Support with Energy Bills

Warm Homes Discount Scheme

This is a £150 rebate off electricity bills and is offered to certain groups of people by energy companies.

If you receive pension credit guarantee, you will receive this payment automatically.


Other low income or vulnerable households may also be eligible. However, this won't be paid automatically, so you are advised to ring your utility provider and check if you qualify.

More information at  www.gov.uk/the-warm-home-discount-scheme

Winter Fuel Payment

The winter fuel payment is a tax free annual benefit for over 60s.

Most payments are made automatically between November and December. If you qualify but don't get paid automatically you can phone the Winter Fuel Helpline on **08459 15 15 15** or visit the web link below.

More information at  www.gov.uk/winter-fuel-payment


Cold Weather Payment

You may get a Cold Weather Payment if you're getting certain benefits.

Payments are made when your local temperature is either recorded as, or forecast to be, an average of zero degrees Celsius or below over 7 consecutive days.

You will receive £25.00 for any qualifying week.

Payments are automatic so you do not need to apply.

More information at  www.gov.uk/cold-weather-payment

Trust Fund Grants

Many utility suppliers run Trust Fund grants to help customers in financial difficulty. These can help to clear fuel debts and even pay for household goods and appliances if necessary.

British Gas  www.britishgasenergytrust.org.uk

EDF Energy  www.edfenergy.com

United Utilities  www.uutf.org.uk/app.htm



One Pot at a Time Recipe Book



For video demonstrations to help you make lots of tasty dishes, savvy shopping list ideas plus lots more visit www.tameside.gov.uk/slowcookerproject



Generally slow cookers use less energy and are cheaper to cook with than an oven or hob. Even using a slow cooker for up to 8 hours can use less energy than cooking in an oven or on a hob for an hour or two.

Although these slow cooker recipes are designed to be used in a slow cooker, they can be adapted to be made in an oven or on a hob. Please ensure food is piping hot before serving.

Slow Cooker Recipes

Slow Oats with Tinned Fruit



To serve

Your favourite toppings
- sliced bananas, grated apple, blueberries, pinch of cinnamon, natural yogurt, etc

Serves: 4 portions

Preparation time:

5 mins

Cook time:

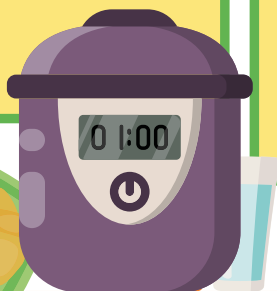
8 hours

Method:

- Put the oats in the slow cooker along with a pinch of salt, then pour over the milk, or a mixture of milk and water.
- Add the dried fruit into the slow cooker and put on its lowest setting and cook overnight for 7-8 hours.
- If anyone's up in the night, give the porridge a quick stir to scrape up the crustier bits from around the edges and bottom, but don't worry if not.
- In the morning, give the porridge a really good stir – it may have developed a crust on top, but just stir this in to break it up.
- Add a drop more milk to loosen if necessary, then ladle into bowls and add your favourite toppings.
- Enjoy with some tinned or frozen fruit.

You will need:

- 1 Cup Jumbo Oats
- 4 Cups Milk (or half milk/ half water for a less creamy version)
- Drizzle of milk to Finish
- A portion of tinned fruit or frozen
- Dried Fruit



Please be aware that this recipe may contain allergens. Please double check the labels carefully.

Slow Cooked Rice Pudding



To serve

Serves: 6

Preparation time:
15 mins

Cook time:
2.5 hours

You will need:

- 1 tablespoon butter
- 1l semi-skimmed milk
- 200g wholegrain rice
- Nutmeg or cinnamon
- Dried, frozen or tinned fruit

Method:

- Butter the slow cooker all over the base and half way up the sides.
- Heat the milk to simmering point.
- Mix the pudding rice with the milk and pour it into the slow cooker.
- Add a grating of nutmeg or cinnamon.
- Cook for 2½ hours on High and stir once or twice if you can.
- Serve with tinned, dried or frozen fruit and enjoy

Please be aware that this recipe may contain allergens. Please double check the labels carefully.

Slow Cooker Bolognaise



To serve

Serves:

6 - 8 portions

Preparation time:
20 mins

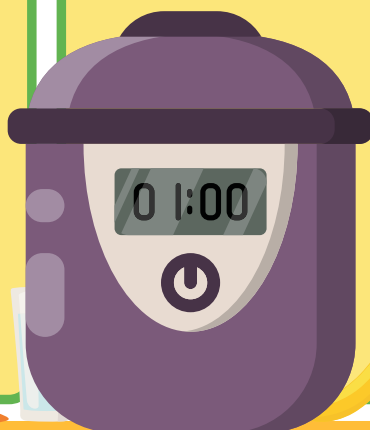
Cook time:
8 - 9 hours

You will need:

- 1 onion, chopped
- 1 carrot, chopped
- 1 stick of celery, chopped celery
- 100g mushrooms, chopped
- 1 500g carton tomato passata
- 500g beef, lamb, soya or textured vegetable protein mince
- 1 low salt beef/vegetable stock cube
- 2 tbsp dried or fresh mixed Italian herbs/oregano/mixed herbs
- 3 tablespoon tomato purée
- 1 400g tin chopped tomatoes

Method:

- Set the slow cooker to low.
- Add the chopped onion, chopped carrot, chopped stick of celery, chopped mushrooms, carton of tomato passata, mince, low salt vegetable or beef stock cube, 2 tablespoons herbs, 3 tablespoons tomato puree and the tin of chopped tomatoes.
- Stir gently until combined and put the lid on. Cook for 8 hours.
- 20 mins before serving, bring a large pan of water to the boil and add the spaghetti. Cook for 8-10mins until cooked.
- Please see next page for alternative serving suggestions for your bolognaise.



Please be aware that this recipe may contain allergens. Please double check the labels carefully.

Slow Cooker Bolognaise



Serving Suggestions:

Slow cooker recipes are ideal for batch cooking and are versatile dishes which can be used for several meals.

Here are some suggestions for how to serve your slow cooker bolognaise:

With pasta for spaghetti bolognaise

Stir your bolognaise through cooked pasta for a hot meal or a cold salad dish.

With rice

Serve your bolognaise hot with a portion of brown rice and your favourite vegetables.

Tacos

Using your bolognaise for tacos makes a fun meal for all the family where you can build your own plate and add to your tacos from a variety of options such as salad, rice, grated cheese and your favourite vegetables.

Quesadillas

Make quesadillas by spreading hot bolognaise on a corn tortilla wrap & topping with a little cheddar cheese. Fold the wrap in half and dry fry for a few minutes each side until golden.

Jacket potatoes

Serve your bolognaise on top of a jacket potato with a side salad.



Please be aware that this recipe may contain allergens. Please double check the labels carefully.

For information about how to store and reheat leftovers safely, please visit:

www.food.gov.uk/safety-hygiene/chilling AND www.lovefoodhatewaste.com

Recipe produced by the Children's Nutrition Team

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Slow Cooked Breakfast Eggs



To serve

Serves: 4

Preparation time:
15 mins

Cook time:
5 - 6 hours



You will need:

- 1 tablespoon olive oil
- 2 onions, finely sliced
- 1 red pepper, cored and finely sliced
- 1 teaspoon red pepper flakes (optional)
- 1 tin of chopped tomatoes
- 1 slice bread, cubed
- 4 eggs
- 2 tablespoon skimmed milk
- 4 tablespoon natural yogurt, to serve (optional)

Method:

- Oil the inside of a small slow cooker and heat if necessary.
- Chop the onions and pepper.
- Tip into the slow cooker and add the cherry tomatoes and bread and stir everything. Season.
- Whisk the eggs with the milk and pour this over the top, making sure all the other ingredients are covered.
- Cook for 5-6 hours. Serve with the yogurt.

Please be aware that this recipe may contain allergens. Please double check the labels carefully.

Slow Cooked Broccoli Macaroni & Cheese



To serve

Serves:

4 - 5

Preparation time:

5 mins

Cook time:

90 mins

You will need:

- 300g macaroni pasta
- 600ml semi-skimmed milk
- 100g strong cheddar cheese, grated
- 50g low fat soft cheese
- 50g low fat spread
- 1 broccoli head, chopped into florets
- 20g parmesan or vegetarian alternative

Method:

- Set the slow cooker to low.
- Cook the pasta according to packet instructions and drain, then tip into the slow cooker.
- Add the milk, cheese, low fat spread, low fat soft cheese, broccoli and parmesan to the slow cooker and stir well. Cover and cook on low for 1 hour.
- Stir again, put the lid back on and cook for another 30 mins until the pasta is cooked and the sauce has reduced enough to coat the macaroni.
- Leave the lid off and reduce for the last 10 mins if you need to or add a splash more milk – this will depend on the size of your slow cooker and the brand.

Please be aware that this recipe may contain allergens. Please double check the labels carefully.

Slow Cooked Chilli Con Carne



To serve

Serves:

6 - 8 portions

Preparation time:
20 mins

Cook time:
7 - 8 hours

You will need:

- 1 Teaspoon vegetable oil
- 500g 5% minced beef or plant-based alternative
- 1 Onion - diced
- 1 Red Pepper - deseeded and diced
- 3 cloves garlic - finely chopped/crushed
- 1 medium Red Chilli or 2 if you like more spice (finely diced) or 2 teaspoons chilli powder
- 2 teaspoons Smoked Paprika
- 1 teaspoon Garam Masala
- 1 beef/vegetable stock cube
- 2 x 400g tins chopped tomatoes
- 3 tablespoons tomato puree
- 400g tin Kidney beans – drained
- Pinch of Black pepper

Method:

- Set the slow cooker to low.
- Tip: You can brown the mince first in a frying pan with 1 teaspoon vegetable oil
- Place the mince or plant based alternative into your slow cooker.
- Add all the ingredients to the slow cooker plus add 150ml water for the stock
- Ensure all the ingredients are mixed together well.
- Place the lid on and set your slow cooker to high and cook for 3 hours or on low for 7–8 hours.
- Once cooked serve with rice.

Please be aware that this recipe may contain allergens. Please double check the labels carefully.

Slow Cooked Spiced Root Veg & Lentil Casserole



To serve

Serves:

6 - 8 portions

Preparation time:

20 mins

Cook time:

5 - 6 hours

You will need:

- 1 onion, chopped
- 3 carrot, chopped into 3cm thick slices
- 3 cloves or garlic, crushed
- 5 parsnips (about 300g, chopped into 3cm thick slices
- 2 tablespoons curry powder
- 1 low salt vegetable stock cube, made up to 600ml with boiling water
- 1 tablespoon smoked paprika
- 150g red lentils, rinsed
- 2 bay leaves
- Lemon juice, to serve (optional)

Method:

- Set the slow cooker to low.
- Add the chopped onion, the thick slices of garlic, the 3 chopped carrots and 5 chopped parsnips, along with the red lentils, the low salt vegetable stock, the 2 bay leaves and the spices and stir gently until combined.
- Close the lid and cook on low for 5-6 hrs until the vegetables are tender and the sauce has thickened.
- Stir in the lemon juice to taste.

Serving Suggestions:

Slow cooker recipes are ideal for batch cooking and are versatile dishes which can be used for several meals.

Here are some suggestions for how to serve your slow cooker spiced root vegetables and lentil casserole:

Jacket potatoes - Serve your spiced root vegetables and lentil casserole on top of a jacket potato with a side salad.

With rice - Serve your spiced root vegetables and lentil casserole with a portion of brown rice. And your favourite vegetables.

Shepherd's Pie - Make a shepherd's pie with leftover root vegetables and lentil casserole by spooning it into a flat dish, topping with mashed potatoes and baking in the oven until piping hot.

With your favourite veg - Serve your casserole with a portion of your favourite vegetables.

With pasta as a bolognese - Use your casserole as a bolognese sauce and stir through cooked pasta for a take on spaghetti bolognese.

Please be aware that this recipe may contain allergens. Please double check the labels carefully.

Top Money Saving Tips for your Food Shop



We're all feeling the rising cost of living recently. So here are our top tips for saving money on your food shop:

Shopping lists

Planning your meals and sticking to a shopping list, can prevent unwanted and often expensive items sneaking their way into your shopping trolley.

Check the cupboards

Check what food you have already got in the cupboards, fridge and freezer. Try and utilise ingredients that you have already got to prevent potential food wastage.

Scan as you go

Can you scan as you go in your supermarket? This can be useful as it saves time, and you can keep an eye on the total cost to help stick to your budget.

Weekly Planning

Plan your meals for the week and try and buy all that is needed in one shop. This prevents small top up shops which can easily overspending.

Fake-aways

Creating our favourite takeaways at home can save money and is almost always cheaper.

Tinned and Frozen

Tinned and frozen versions of fruit and vegetables are just as good as fresh, are often cheaper and have a much longer shelf life.



Seasonal Produce

Plan meals around seasonal produce as these tend to be at their cheapest and are most readily available.



Scan the QR code to find out more about seasonal produce.

Plan for Leftovers

If you are batch cooking a large recipe you will most certainly sometimes have leftovers. Please see previous page to learn about how ways to use these leftovers for other meals.

Bottom Shelves

Supermarkets are clever about where they put the products on the shelf. The most expensive and popular products tend to be at eye level so you notice them. Take a look at the bottom of the shelf for supermarkets own unbranded products, they are cheaper and just as good quality.

Special Offers

Beware! Special offers can save us money, however often they persuade us to buy more than we need which often gets wasted and sometimes items we weren't even planning on buying. This can really raise the cost so think twice before buying special offers.

Top Money Saving Tips for your Food Shop



Extras and treats

We all enjoy the occasional treat but do you really need them? It's a good idea to budget a few extra pounds for weekly treats if you know you are going to add some and then keep to the budget.

Check for use-by dates

Checking the use-by dates on your food is a good way of helping you plan how best to use them. Make sure you plan to use them within their shelf life and if you can, look towards the back of the shelves for items with dates further away so that they last longer at home.

Check small local businesses

Lots of smaller, local businesses offer items at reduced costs, especially fresh fruit and vegetables and dried goods purchased from refill shops.

Use up squishy vegetables

Fresh vegetables can easily be turned into stocks and soups. Wilting salad leaves can be blended into a pesto recipe. And vegetable ends and peels can be boiled into a stock.



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Cooking Equipment Swaps



Rolling Pin

Use a glass bottle in place of a rolling pin

Egg separator

Use any spoon with hole in. Hold the spoon over a bowl and break open the egg into the spoon; shake gently until all of the white has dropped through the hole and the yolk is left in the spoon.

You can also use an empty plastic bottle to suck up the yolk from a broken egg in a bowl. Simply squeeze some of the air out of the bottle, lower over the yolk and release the pressure to suck up the yolk.



Citrus fruit juicer

A great tip for getting the most juice from your fruit is to cut it in half and warm in the microwave for 10-20 seconds first. Then you can squeeze with your hands or use tongs if you have some to add extra pressure. You can also use the back of a tablespoon if you want to scrape out any of the flesh too.

Potato masher / Potato ricer

Use a fork or you can blitz in a food processor or blender if you have one.

Cooking Equipment Swaps



Cookie cutter

Use a clean, empty jar with the lid off, or a glass. Don't forget to flour the jar or glass so that the dough doesn't get stuck inside.

Meat tenderiser

Wrap a tin from your cupboards in cling film or foil and use to bash and flatten meat.

Cooling rack

If you don't have a cooling rack you can create your own by lining up a few butter knives, about an inch apart and placing a baking tray on top of them.

Funnel

You can make your own funnel by making a cone out of a sheet of foil.

Bag clips and seals

You can use ordinary clothes pegs in place of bag clips or seals to help keep packets of dry goods closed and keep your produce for longer.

Garlic press / crusher

Use the flat side of a large knife or a rolling pin to bash cloves of garlic and then chop finely.

Pastry brush

You can use a clean toothbrush in place of a pastry brush for brushing egg wash, melted butter or milk onto dough.



Grill rack

If you don't have a grilling rack you can make one out of foil by taking a large sheet of foil and folding it in an accordion-style (folding back and forth every inch or so) to form ridges. Then place the foil onto a baking sheet ready to pop under the grill.

String

If you need to tie food up into parcels before cooking but don't have any butcher's string you can use dental floss instead.

Food processor

You can use a blender or chopper, but if you don't have any electrical devices to hand you can also use a potato masher, potato ricer or just mash with a fork. You could also place the food in a bag and bash with a rolling pin. You might also consider using a grater or a vegetable peeler depending on the consistency you are aiming for.

Sieve

You can sift flour and other powders by whisking them, whilst dry, in a bowl.

Whisk

You can use a pair of forks or chopsticks in place of a whisk.

Baking paper

If your recipe calls for you to line a tray with baking paper you can also use foil, grease the pan with a little oil, or dust the pan with some flour. It depends on the recipe but usually the baking paper is required to stop the food from sticking to the tray, so try one of these alternatives.

Grater

You can use a vegetable peeler to shred vegetables or cheese. If you need the pieces to be finer you can pile them onto a chopping board and use a sharp knife to roughly chop them as small as needed.

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childrensnutrition@tgh.nhs.uk

Microwave Cooking Basics



Microwaves are not just for reheating leftovers, they can be used to cook a range of quick, easy meals in just minutes. As well as saving on time, microwaves are cost-effective as they are far more energy efficient compared to conventional ovens, grills and hobs.



Jacket potato

- Scrub the potato and prick all over with a fork.
- Place on a microwaveable plate and cook on the High setting depending on the size and density of your potato, cooking times will vary.
- Start with 3 or 4 minutes, then flip the hot potato with a pair of tongs and continue with an additional 3 minutes of cooking time, adding more time as necessary to get the perfect tender, creamy, baked potato.
- Carefully remove from the microwave and cut in half. Serve with your favourite toppings or as a side dish.

Jacket sweet potato

- Scrub the potato and prick all over with a fork.
- Place on a microwaveable plate and cook on the High setting depending on the size and density of your potato, cooking times will vary.
- Start with 3 or 4 minutes, then flip the hot potato with a pair of tongs and continue with an additional 3 minutes of cooking time, adding more time as necessary to get the perfect tender, creamy, baked potato.

- Carefully remove from the microwave and cut in half. Serve with your favourite toppings or as a side dish.

Pasta

- Place the pasta in a microwave-safe bowl, cover with water and microwave on the High setting for the same amount of time stated on the packet directions, plus 3 minutes, or until soft.
- Drain and serve.

Rice

- Add washed rice and water to a microwave safe dish or bowl.
- Using a ratio of 1-1/2 cups rice: 2-1/4 cup water.
- Microwave for 5 mins on full power, then 15 minutes at 50% power and leave to rest for 5 mins before serving.

Omelette

- Mix 2 eggs in a microwaveable bowl or mug. Add a handful of your favourite chopped vegetables or cooked meat and mix well.
- Cook for 2-3 minutes, making sure the egg doesn't bubble over. Stir halfway through the cooking process.

Microwave Cooking Basics



Scrambled Eggs

- Beat together 2 eggs and 2 tablespoon semi skimmed milk in a microwaveable bowl or mug.
- Cook in the microwave on a high setting for 30 seconds, remove and beat again, then return to the microwave for another 30 seconds on a high setting.

Poached Egg

- In a microwaveable mug, add in 1/2 cup of water, or fill to about 1/3rd of the mug.
- Carefully crack open an egg and add it into the mug on top of the water, taking care not to break the yolk.
- Make sure that the egg is completely submerged in the water, if it's not you can add a little more water to the mug.
- Once the egg is in the water gently prick the yolk with a fork to prevent mess. Cover the mug with a microwaveable plate or cover with cling film.
- Microwave on a high setting for 1 minute.
- Remove from the microwave and check that the egg is cooked—the egg white should be firm. If it's not you can microwave for a further 15 seconds.

Porridge

- In a large microwavable bowl or dish, mix 1/2 cup or 50g of oats and 1 cup or 240ml of semi-skimmed milk.
- Microwave on a high setting for 2 minute.
- Remove carefully, the bowl will be hot, and stir in another 1/3cup or 60ml of semi-skimmed milk.

- Return to the microwave and cook for another 1 minute on a high setting.
- Remove from the microwave carefully, the bowl will be hot, and add in any desired toppings such as fresh fruit or nuts.
- Allow to cool for 1 minute before eating.

Toasted Nuts

- Toss a cup-ful of nuts in a teaspoon of vegetable oil.
- Spread them out into a single layer on a microwaveable plate and toast in one-minute intervals, turning between each interval, be careful as the oil will be very hot!
- They will take 3-8 minutes depending on the size and quantity in the cup.

Steamed Vegetables

- Prepare and chop vegetables. Lay them in a single layer on a microwaveable plate or dish and cover them with a triple layer of damp paper towels or a single, clean, damp kitchen towel.
- Microwave on a high heat for 2—6 minutes until vegetables are tender.
- Alternatively, you can place prepared and chopped vegetables into microwaveable plate or dish, pour over enough water so that the bottom of the dish is covered (covering about 1/8th of the vegetables).
- Cover with cling film, leaving one corner uncovered, or cover with a microwaveable plate or lid, and microwave on a high setting for 2-5 minutes until vegetables are tender.

For information about how to store and reheat leftovers safely, please visit:

www.food.gov.uk/safety-hygiene/chilling AND www.lovefoodhatewaste.com

Recipe produced by the Children's Nutrition Team

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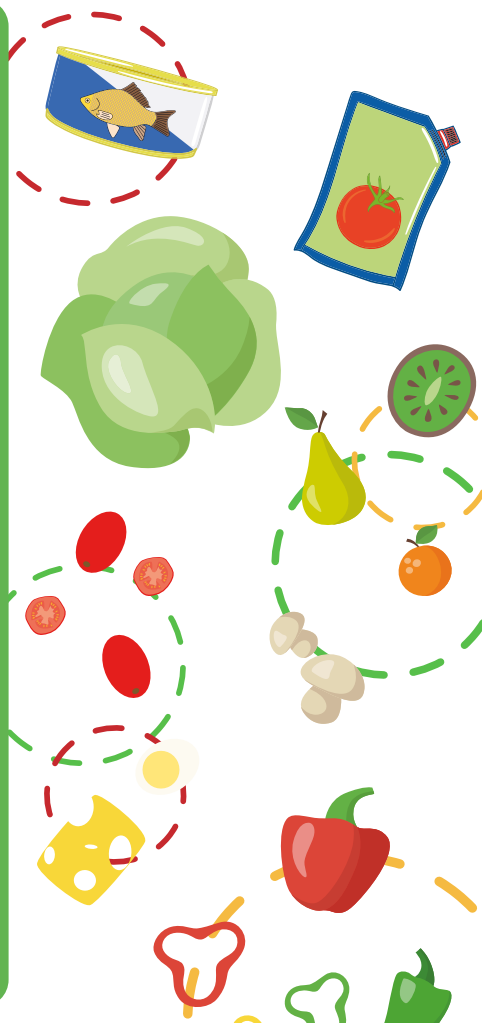
Family Meal Planner



We have based our 5-day meal planner on low price ingredients available at your average supermarket. This planner is designed to feed a family of 4 on a budget. Please head to our Twitter page @NHSTamesideCNT for more advice, hints and tips! We'd love if you could share with us any pictures of you trying our recipe ideas!

Shopping List

- Carrots (1kg)
- Eggs (carton of 6)
- Penne pasta shapes (550g)
- Easy cook long grain rice (1kg)
- Split red lentils (500g)
- Onions (1kg)
- Garlic bulb
- Peppers (600g mixed bag of 5)
- Celery
- Courgettes (pack of 3)
- Iceberg lettuce
- Cucumber
- Frozen peas (900g bag)
- Frozen white fish fillets (520g bag)
- 2 Tins chopped tomatoes
- Tomato puree
- Low salt vegetable stock cubes
- Chilli powder
- Mixed herbs
- Fresh Flat leaf parsley
- Fresh basil
- Wholemeal loaf
- Wholemeal baps (pack of 4)
- Light mayo
- Passata
- 2 packs of cherry tomatoes (350g each)
- 2 Lemon
- Plain yogurt
- Feta cheese
- Chicken breast fillets (650g)
- 2 tins of sardines in tomato sauce (120g)



What's on the menu?



Monday Lentil ragu and spaghetti

Preparation time: 10 mins

Cooking time: 60 mins

Serves: 4 (with leftovers for 4)

Ingredients

Olive oil
2 onions (finely chopped)
3 carrots (grated)
3 celery sticks (finely chopped)
3 cloves garlic (crushes)
500g dried lentils
2 tins tomatoes
2 tablespoons tomato puree
4 teaspoons mixed herbs
1 l of veg stock
Spaghetti

Method

- In a large pan heat olive oil and add in onions, carrots, celery and garlic on a low heat soften for 15 mins.
- Then stir in lentils, tin tomatoes, puree, herbs and stock and simmer for 45 mins.
- Cook the pasta as per packet instructions and serve ragu over the pasta.

Tuesday Fish burgers

Preparation time: 10 mins

Cooking Time: 14 mins

Serves: 4

Ingredients

520g of white fish (haddock, cod, pollock etc.)
finally chopped
1 onion finely chopped
3 cloves garlic crushed
Handful Parsley finely chopped
Handful basil finely chopped
1 egg
100g breadcrumbs
Burger buns
Mayonnaise
Lettuce
Cucumber

Method

- Sweat off the onions in a tablespoon of oil.
- In a large bowl mix the fish, onions, herbs, egg and bread crumbs and then form into 4 burgers
- Heat the oven to 180°C.
- Place the burgers in a frying pan and brown each side for 2 minutes each and then place on a baking tray and place in oven for 6 mins.
- Serve in the burger buns with side salad of lettuce, cucumber, tomatoes and light mayo.

Wednesday - Stuffed peppers

Preparation time: 10 mins

Cooking time: 30 mins

Serves: 4 people

Ingredients

Half the left over lentil ragu mixture
4 peppers
200g Rice
Handful chopped Basil
Handful chopped Flat leaf parsley
Feta Cheese
Lettuce
Courgette
Carrot

Method

- Cook rice as per instructions, Mix rice with ragu mixture, chopped basil and parsley and feta cheese.
- Cut the four peppers in half and lay in an oven proof dish and fill each half pepper with the mixture. Sprinkle a little left over feta on the top and place in oven at 200°C for 25 mins.
- Serve with a side salad of grated carrot, grated courgette and finely sliced lettuce dressed with olive oil and squeeze of lemon.

What's on the menu?



Thursday Chicken kebabs

Preparation time: 5 mins

Cooking time: 30 mins

Serves: 4 people

Ingredients

Chicken breast
Peppers
Courgette
Tomatoes
Marinade - (Olive oil, 1 lemon, zest and juice
2 tablespoon mixed herbs, 1 clove garlic)
Pepper
Rice
100g peas
Yogurt.
Handful of chopped basil and parsley
1 clove garlic crushed

Method

- Heat the oven to 180-200°C
- Mix together the marinade ingredients in a large bowl.
- Add the chopped chicken pieces and leave to marinade for minimum 20 mins but even better if left overnight.
- If you have skewers alternate chicken, courgette, peppers and tomatoes onto skewers but if not just arrange on a tray.
- Place tray in oven for 25 mins on 180-200°C.
- Cook rice according to pack instructions, cook peas and then toss through the rice.
- Mix yogurt with chopped fresh herbs and crushed clove of garlic.
- Serve the chicken kebabs with the rice and peas and spoonful of Greek yogurt.

Friday Sardine pasta

Preparation time: 10 mins

Cooking time: 10 mins

Serves: 4 people

Ingredients

300g pasta
4 tablespoon olive oil
2 small onions
2 clove garlic
Chilli flakes (optional)
350g cherry toms
150g frozen peas
300mls passata
2 tins sardines
Basil
Pepper

Method

- Cook spaghetti in a large pan of boiling water for 10-12 minutes or according to packet instructions, until tender.
- Meanwhile, make sauce. Heat olive oil in a non-stick saucepan; add onion and garlic (if using) and sauté for 5-7 minutes or until onion is softened.
- Stir in chili flakes, tomatoes, peas, passata and sardines with their sauce, breaking up sardines roughly. Cover and simmer for about 5 minutes or until sauce is hot and tomatoes are softened. Stir in basil; season with black pepper.
- Drain spaghetti, reserving 2 tablespoons of the cooking water; add reserved cooking water to sardine sauce in pan. Add spaghetti to sauce, toss to mix well. Serve immediately, sprinkled with extra shredded basil.

Ideas for Leftovers



Some recipes are ideal for batch cooking and are versatile dishes which can be used for several meals.

Here are some suggestions for what to do with your leftovers:

With pasta

Stir your leftovers through cooked pasta for a hot meal or a cold salad dish.

With rice

Serve your leftovers hot with a portion of brown rice and your favourite vegetables.

Tacos

Using your leftovers for tacos makes a fun meal for all the family where you can build your own plate and add to your tacos from a variety of options such as salad, rice, grated cheese and your favourite vegetables.

Quesadillas

Make quesadillas by spreading hot leftovers on a corn tortilla wrap and topping with a little cheddar cheese. Fold the wrap in half and dry fry for a few minutes each side until golden.

Instead of a burger

Serve your leftovers hot to fill a burger bun alongside some salad for a healthy burger alternative.

Kebabs

Serve your leftovers hot to fill a wholemeal pitta bread alongside some salad and mint yoghurt for a healthy kebab.

Sandwiches and wraps

Use cold or hot leftovers as a sandwich or wrap filling with salad.

Jacket potatoes

Serve your leftovers on top of a jacket potato with a side salad.



**Please be aware that this recipe may contain allergens.
Please double check the labels carefully.**

For information about how to store and reheat leftovers safely, please visit:

www.food.gov.uk/safety-hygiene/chilling AND www.lovefoodhatewaste.com

Recipe produced by the Children's Nutrition Team


Follow us on twitter @NHSTamesideCNT Email us - childrensnutrition@tgh.nhs.uk

Finding Food Support in Tameside




Tameside has a range of support for people experiencing food poverty or who may need support with food in some way, including food pantries for more regular groceries, food banks for emergency food supplies, food projects and community cafés.

To find your local foodbank or food pantry visit:


 www.tameside.gov.uk/foodbanks or you can call into any library during staffed hours for help and assistance.

What is a food pantry? Food Pantries (or food clubs or hubs) are for anyone living in a local area who may be struggling to cover day to day living costs. Food pantries usually have a membership and charge a modest fee for groceries which is much lower than if the food was purchased from a supermarket. Many food clubs also help to decrease food waste by redistributing surplus food.

Don't forget! To visit a food bank you will need to request a foodbank voucher by:

 **0161 342 8355** or

 welfare@tameside.gov.uk, you can also visit in person at any Tameside library to request a foodbank voucher.

Visit  www.tameside.gov.uk/helpinghand for information on local community cafés and help with other essentials such as finding out if you're eligible £4.25-£8.50 per child per week for the Healthy Start Scheme, Free School Meals and much more support.

The Bread and Butter Thing

For only £7.50 members receive approximately £35 worth of quality fresh food and store cupboard staples, including fresh fruit and veg.

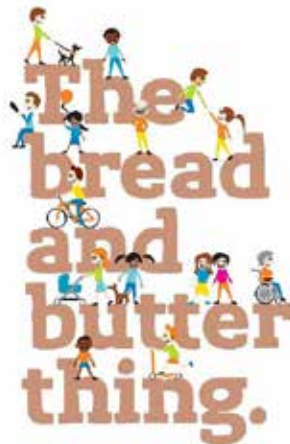
This means even on a tight budget, families can have access to nutritious, healthy food.

The Bread and Butter Thing works with food businesses across the industry across half the towns in Tameside to assist them in redistributing surplus food which otherwise be wasted.

Families can use their NHS Healthy Start Vouchers and low cost period products are also available.

For more information on becoming a member and to find your local hub please visit

 www.breadandbutterthing.org/members



Managing Your Money



If you're feeling the pinch and have money worries, there's support for you.


Whether you live alone, with others or have children, we're providing advice and guidance for all residents, plus extra help for those who need it most. There are also charities and other organisations who stand ready to support you.


Have you checked if you're eligible for financial help?

Check anonymously on

 www.entitledto.co.uk it only takes 10 minutes.

Tameside Council Debt Advice Service is a specialist service based within the Council's **Welfare Rights Service**. They offer free, independent, and confidential advice and support with debt problems.

 **0800 074 9985** (9:30am-12pm, Mon-Wed)

 welfare@tameside.gov.uk


Citizens Advice Tameside can help you with debt problems and welfare benefits.

Freephone Adviceline  **0808 278 7805**


(9am-1pm, Mon-Fri)

Online chat  www.tamesidecab.org.uk
(9am-5pm, Mon-Fri)

Advice Tameside provides interactive maps to search for places near to you where you can get debt and benefit advice, training and use computer equipment.

 www.advicetameside.org.uk/map


The Council Tax Support Scheme provides financial assistance to Council Tax Charge payers on a low income whether they rent or own their home, or live rent-free, by reducing the amount of Council Tax they have to pay.


Exchequer Services  **0161 342 3708**
(8:30am-5pm Mon, 8:30am -1:30pm Tues-Thurs, 8:30am-4pm Fri)

Pension Top Up


In Tameside, £5.2 million worth of pension credit remains unclaimed. This is a staggering 3,042 households missing out on support.

Find out if you're one of them:

 **0800 319 6789** (9am-4:30pm, Mon-Fri)

 www.independentage.org/benefit-calculator


Age UK provide support for any older person who is worried about money and/ or who may be entitled to claim benefits.

 **0800 169 65 65** (8am-7pm, 365 days a year)

GrantFinder is a tool capable of searching 4,000 grants, loans and awards available for application.

Grantfinder is available at Ashton Library - please ask at the counter or contact us via web chat or on  **0161 342 2031**

Be Well Tameside provide support to stop smoking, which can help people to reduce spending and maximise their income.

 **0161 342 5050**

 bewelltameside@tameside.gov.uk

 www.tameside.gov.uk/bewelltameside

Mental Health and Wellbeing Support



If someone is in immediate risk please contact 999. If you or someone you know is struggling with their mental health please contact

Care 24/7 Helpline provides advice and support to patients and carers of all ages, 24 hours a day, 7 days a week.

☎ **0800 014 9995**

🌐 www.penninecare.nhs.uk/help

Minds Matter Tameside and Glossop can help get you the right support with your mental health (Age 16+)

☎ **0161 470 6100** (10am-2pm, Mon-Fri)

🌐 www.thebiglifegroup.com/service/mindsmatter/

Tameside, Oldham and Glossop Mind

offer early intervention support for all ages including counselling, various training courses, workshops, advice, drop-ins and a dedicated Children and Young People's Service.

☎ **0161 330 9223** (9am-4:30pm, Mon-Fri)

🌐 www.togmind.org/content/home

Anthony Seddon Fund

A peer support mental health charity, providing a safe environment for you to come and chat. Mon - Fri 9.30am - 4pm

☎ **0161 376 4439** 🌐 tasfund.org.uk

CALM is the Campaign Against Living Miserably, for those who identify as male aged 15 to 35.

☎ **0800 58 58 58**

(5pm to 12am, 365 days a year)

🌐 www.thecalmzone.net

(Webchat available 5pm-12am, 365 days a year)

Health and Wellbeing College offers recovery focused courses, offering self-management education designed to support people (18+) take control of their mental health & wellbeing.

☎ **0161 716 2666** (9am-5pm, Mon-Fri)

🌐 hwcollege.penninecare.nhs.uk/our-courses

Greater Manchester Bereavement Service

offer support to all those in Greater Manchester who are bereaved or affected by a death.

☎ **0161 983 0902** (Mon-Fri, 9am-5pm)

🌐 www.greater-manchester-bereavement-service.org.uk

Be Well Tameside offers a range of health and wellbeing support, advice on a range of day-to-day lifestyle issues.

☎ **0161 342 5050**

✉ bewelltameside@tameside.gov.uk

🌐 www.tameside.gov.uk/bewelltameside

My Recovery Tameside help all ages with Drug & Alcohol issues and/ or addiction.

☎ **0161 672 9420**

✉ Tameside.Referrals@cgl.org.uk

Locala Health and Wellbeing are a Tameside sexual health service.

☎ **0161 507 9460** (Mon-Thurs, 8:30am-4pm.

Fri, 8:30am-11:30am)

✉ orangerooms@locala.org.uk

Bridges are a confidential service who help with all levels of domestic abuse.

Bridges 24 hour support: ☎ **0800 328 0967**

(offering advice support and emergency refuge for all genders)

***If you or someone else are in immediate danger always contact 999.**

Get in Touch We're here for you



Customer Services Contact Centre:

 0161 342 8355

 customer.services@tameside.gov.uk

Or use our web chat service on

 www.tameside.gov.uk

Click the small blue Chat with us live box.

Staff are available from:

Monday - Wednesday 8:30am-5pm

Thursday 8:30am-4:30pm

Friday 8:30am-4pm

(excluding bank holidays)

Tameside Libraries:

All our libraries have staffed hours during the week to assist customers with face to face council enquiries.

At your local library you can:


- Pay your council tax by card or cheque and
- Request copies of bills,
- Submit or get a blue badge application form,
- Use a PC to apply for housing benefit or have supporting documents verified,
- Pay telecare (card-only) and homecare charges.

You can also report missed bin collections, order a replacement bin, pick up a bins calendar or green kitchen-waste bags, and request and pay for bulky waste collection (by card).

Libraries are also the place to report fly-tipping and street-lighting issues and to request a council service.


No appointment is required for services at the library, just arrive during staffed hours.

Find opening times at

 www.tameside.gov.uk/libraries/openingtimes

Customer Services by Appointment: If you have difficulties accessing any of the services above, or require in depth specialist advice on Housing Benefit and Council Tax issues including help to make a claim, our Customer Service team is available.

To access the service an appointment is required, book by:

 0161 342 8355

Web Chat at  www.tameside.gov.uk

 cs.referrals@tameside.gov.uk (24/7)

Or in person at any library during staffed hours.

Tameside One also hosts other services such as Be Well, The Family Information Service, Tameside in Work, Routes to Work and more.

Booked service appointments run from:

**Tameside One
Level 1
Market Place
Ashton-Under-Lyne
OL6 6BH**

For more information on services in Tameside One and how to contact us visit

 www.tameside.gov.uk/getintouch

The information in this guide was correct at time of printing in December 2022.

 www.tameside.gov.uk/getintouch