

FEED YOUR FAMILY FOR LESS

eot smart
SHEFFIELD

**SHEFFIELD'S
SWEET ENOUGH**

**live
lighter**[®]



RESOURCE PACK

FEED YOUR FAMILY FOR LESS

We know this is a very worrying time for families, with many receiving vouchers to access free school meals while staying at home. That's why, Eat Smart Sheffield, Live Lighter and Sheffield is Sweet Enough have pulled together some top tips to help you eat well and make your money go further.

You'll find some great healthy recipe ideas, sugar swap savings and a cost-cutting cooking sheet to squeeze more out of your weekly food budget.

Introduction/contents	2
Healthy recipes	3-13
Sugar swap and save	14-24
Budget cooking fact sheet	25





HEALTHY RECIPES TO MAKE AT HOME

Live Lighter Sheffield have created a range of healthy recipes that contain less saturated fat and cost less than shop bought alternatives. These recipes are all based on family favourites and are easy to make with no special skills or equipment required.

Why not get the kids involved and have some fun while you're making them?

For more low-cost food inspiration visit:

www.livelightersheffield.com

www.biteback2030.com

www.cookingonabootstrap.com/category/recipes-food

www.jamieoliver.com/recipes

Banana Muffins

Ingredients:

- 2 large ripe bananas, mashed
- 85g (3oz) soft brown sugar
- 4 tablespoons (60ml) rapeseed oil
- 125ml (4 fluid oz) skimmed milk
- 1 egg
- 200g (7oz) wholemeal self-raising flour
- Half a tsp ground nutmeg



This recipe serves 4 people at a total cost of £0.89.

Method

1. Preheat the oven to 190°C/ 375°F/ gas mark 5
2. In a bowl mix together the banana, sugar and oil
3. Beat in the egg and milk
4. Fold in the flour and nutmeg
5. Spoon into non-stick muffin tin or muffin cases and bake for 15-20mins
6. Allow to cool before eating

Equipment:

Mixing bowl, mixing spoon, whisk, muffin tins or paper muffin cases.

Homemade Tortilla Pizza

Ingredients

- 4 tortilla wraps
- 4 tbsp tomato puree
- 60g grated low fat cheese
- Topping of your choice, sliced (ham, tuna, tomatoes, sweetcorn, mushrooms, olives, peppers, pineapple)



This recipe serves 4 people at £0.75 per pizza

Equipment

Chopping board, knife, baking tray

Method

1. Preheat the oven to 180°C/350°F/Gas mark 4
2. Place the Tortilla on a baking tray
3. Spread over 1 tbsp of tomato puree
4. Add the topping of your choice and a small sprinkle of cheese
5. Bake in the oven for 6-8 minutes or until the cheese is melted and golden

Top Tip! Pile your pizza high with vegetables and serve with salad to count towards your 5 a Day

Beef & Salsa Burgers

Ingredients

- 300g lean minced beef
- 50g wholemeal breadcrumb
- 50g carrot, grated
- 1 small onion, grated
- Small handful parsley, leaves chopped
- 1 tsp Worcestershire sauce
- 4 whole meal burger buns
- Small pot tomato sauce



This recipe serves 4 people at £0.69 per portion

Equipment

Measuring scales, grater, teaspoon, large mixing bowl, wooden spoon, baking tray, tablespoon

Method

1. Heat grill to medium. In a large bowl, mix together the first six ingredients, then season well. Shape the mixture into 4 burgers and place on a baking tray.
2. Grill the burgers for 3-4 mins on each side until cooked through, then keep them warm. Split each burger bun in half, then lightly toast, cut side up, place under the grill, cut side up, and lightly toast for 1 min. Fill the toasted buns with some salad and top with a burger and a good dollop of tomato salsa.

Top Tip! Half the saturated fat amount than in a takeaway burger, taste delicious and cheap to make.

Chicken Nuggets

Ingredients

- 3 Chicken Breasts, Boneless and Skinless
- 85g (3oz) Breadcrumbs
- 90ml (3fl oz) water
- 1 egg whisked



This recipe serves 4 people at a total cost of £3.20

Method

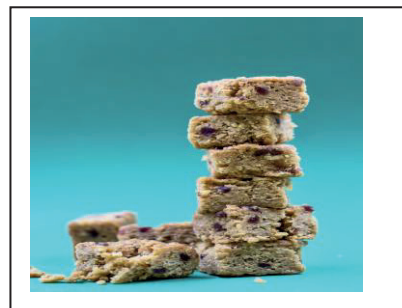
1. Preheat the oven to 200°C/400°F/Gas mark 6
2. Cut the chicken breasts into small chunks.
3. Put the breadcrumbs into a large plastic food bag
4. Combine the egg and water in a bowl and dip each piece of chicken in the egg mixture then drop it into the breadcrumb bag. Shake until the chicken is thoroughly coated
5. Place the coated chicken on a baking tray and bake for 10-15 minutes turning once midway until thoroughly cooked
6. Serve the nuggets with steamed vegetables and/or salad

Equipment: Bowl, fork, baking tray, chopping board, knife, large plastic food bag, saucepan and steamer.

Feelgood Flapjack

Ingredients:

- 50g butter, plus a little extra for greasing
- 2 tbsp smooth peanut butter
- 3 tbsp honey or maple syrup
- 2 ripe bananas, mashed
- 1 apple, peeled and grated
- 250g rolled oats
- 85g dried apricots, chopped
- 100g raisins
- 85g mixed seeds (we used pumpkin and sunflower)



This recipe serves 14 people at total cost of £3.51

Method

1. Heat oven to 160C/140C fan/gas 3. Grease and line a 20cm square tin with baking parchment. Heat the butter, peanut butter and honey or maple syrup in a small pan until melted. Add the mashed banana, apple and 100ml hot water, and mix to combine.
2. Tip the oats, the dried fruit and the seeds into a large bowl. Pour in the combined banana and apple and stir until everything is coated by the wet mixture. Tip into the cake tin and level the surface. Bake for 55 mins until golden. Leave to cool in the tin. Cut into 12 pieces to serve.

Equipment: Mixing bowl, mixing spoon, tablespoon, fork, peeler, grater, weighing scales, measuring jug, pan, cake tin

Chicken Tikka Skewers

Ingredients:

- 150g pot low-fat natural yogurt
- 2 tbsp hot curry paste
- 4 boneless, skinless chicken breasts, cubed
- 250g pack cherry tomatoes
- 4 wholemeal chapati, warmed, to serve
- For cucumber salad:
- Half a cucumber, sliced
- 1 red onion, thinly sliced
- handful chopped coriander leaves
- juice 1 lemon,
- 50g pack baby spinach



This recipe serves 4 people at £1.48 per serving

Method:

1. Put 8 wooden skewers in a bowl of water to soak. Mix the yogurt and curry paste together in a bowl, then add the chicken (if you have time, marinate for an hr or so). In a large bowl, toss together the cucumber, red onion, coriander and lemon juice. Chill until ready to serve.
2. Shake off any excess marinade, then thread the chicken pieces and cherry tomatoes onto the pre-soaked skewers. Cook under a medium grill for 15-20 mins, turning from time to time, until cooked through and nicely browned.
3. Stir the lettuce or pea shoots into the salad, then divide between 4 plates. Top each serving with 2 chicken tikka skewers and serve with the warm chapatis.

Equipment: Measuring scales, tbsp, knife, wooden skewers, mixing bowl, wooden spoon

Fish Fingers

Ingredients

- 2 salmon fillets, skinned
- 2 tbsp plain flour
- 1 lemon, zested
- 85g (2oz) breadcrumbs
- 2 tbsp, low fat plain yogurt
- Black pepper



This recipe serves 4 people at £0.98 per portion

Equipment

Chopping board, knife, three bowls, tablespoon, baking tray

Method

1. Preheat oven to 200°C/400°F or Gas mark 6
2. Mix the breadcrumbs with the lemon zest and some black pepper in a bowl.
3. Slice the salmon into 'fingers'
4. Put the flour and yogurt into separate bowls and roll the salmon pieces into the flour, then in the yogurt and then into the breadcrumbs
5. Place onto a baking tray and bake for 10-15 minutes and serve with salad or steamed vegetables and a wedge of lemon

Top Tip! Salmon is high in omega 3 which is good for brain power! Try making wholemeal breadcrumbs using brown bread.

Healthier Chicken Balti

Ingredients

- 450g skinless, boneless chicken breast, cut into bite-sized pieces
- 1 tbsp lime juice
- 1 tsp paprika, 1 tsp hot chilli powder
- 1 tbsp sunflower or groundnut oil
- 1 cinnamon stick, 3 cardamom pod, split
- 1 small to medium green chilli
- 1 tsp cumin seed
- 1 medium onion, grated
- 2 garlic clove, finely chopped
- 2 cm-piece ginger, grated
- 1tsp turmeric, 1 tsp ground cumin, 1 tsp ground coriander
- 1 tsp garam masala, 250ml passata
- 1 red pepper, deseeded, cut into small chunks, 1 medium tomato, chopped,
- 85g baby spinach leaves, handful fresh coriander, chopped
- chapatis or basmati rice, to serve



**This recipe serves 4 people
at £1.22 per portion**

Method

1. Put the chicken in a medium bowl. Mix in the lime juice, paprika, chilli powder and a grinding of black pepper, then leave to marinate for at least 15 mins, preferably a bit longer.
2. Heat 1 tbsp of the oil in a large non-stick wok or sauté pan. Tip in the cinnamon stick, cardamom pods, whole chilli and cumin seeds, and stir-fry briefly just to colour and release their fragrance. Stir in the onion, garlic and ginger and fry over a medium-high heat for 3-4 mins until the onion starts to turn brown. Add the remaining oil, then drop in the chicken and stir-fry for 2-3 mins or until it no longer looks raw. Mix the turmeric, cumin, ground coriander and garam masala together. Tip into the pan, lower the heat to medium and cook for 2 mins. Pour in the passata and 150ml water, then drop in the chunks of pepper. When starting to bubble, lower the heat and simmer for 15-20 mins or until the chicken is tender.
3. Stir in the tomato, simmer for 2-3 mins, then add the spinach and turn it over in the pan to just wilt. Season with a little salt. If you want to thin down the sauce, splash in a little more water. Remove the cinnamon stick, chilli and cardamom pods, if you wish, before serving. Scatter with fresh coriander and serve with warm chapatis or basmati rice, (optional).

Top Tip! A much lighter version of a takeaway curry

Homemade Cereal Bars

Ingredients

- 175g (6oz) Oats
- 85g (3oz) no added sugar Muesli
- 150g (5oz) dried fruit
- 3 tablespoons clear honey
- 2 egg whites
- 175ml (6 fluid oz) apple juice



This recipe makes 8 servings at £0.26 per serving

Equipment

Mixing bowl, mixing spoon, small saucepan, baking tin, knife

Method

1. Preheat the oven to 180°C/350°F/Gas mark 4
2. Combine the oats, muesli and dried fruit in a bowl
3. Warm the honey in a small saucepan until it is runny and add to the bowl
4. Stir in the egg whites and apple juice
5. Press mixture into a lightly oiled 18 x 28cm (7x11in) baking tin
6. Bake for 20-25 minutes until golden
7. When cool cut in to bars

Top Tip! These cereal bars are great as an occasional packed lunch or after school snack

Homemade Bean Burgers

Ingredients

- 2 tins of red kidney beans in water
- 1 tsp olive oil
- 1 onion, chopped
- 1 garlic clove, chopped
- 1 carrot, grated
- 1 green pepper chopped
- 1 tbsp tomato puree
- 1 egg
- 60g (2oz) dried breadcrumbs
- To serve: wholemeal buns and salad



This recipe serves 4 people at £0.91 per portion

Equipment

Bowl, chopping board, knife, large frying pan, baking tray

Method

1. Preheat the oven to 200°C/400°F/Gas mark 6
2. Drain and mash the beans in bowl
3. Heat the oil in a frying pan and sauté the onion for 3 minutes. Add the garlic pepper and carrot and cook for a further 5 minutes.
4. Add the mashed beans, tomato puree, egg and breadcrumbs and mix well
5. Shape into 8 small or 4 large burgers
6. Bake in the oven for 25 minutes or until golden and crisp

Top Tip! Kidney beans are an excellent source of protein and iron

HELP KIDS EAT LESS SUGAR WITH SWAP & SAVE!

Sheffield's Sweet Enough is here to help families in Sheffield make healthier food choices. While it's not always easy to get the kids to eat less sugar, you'll be surprised how much these simple swaps could protect both their health and your pocket!

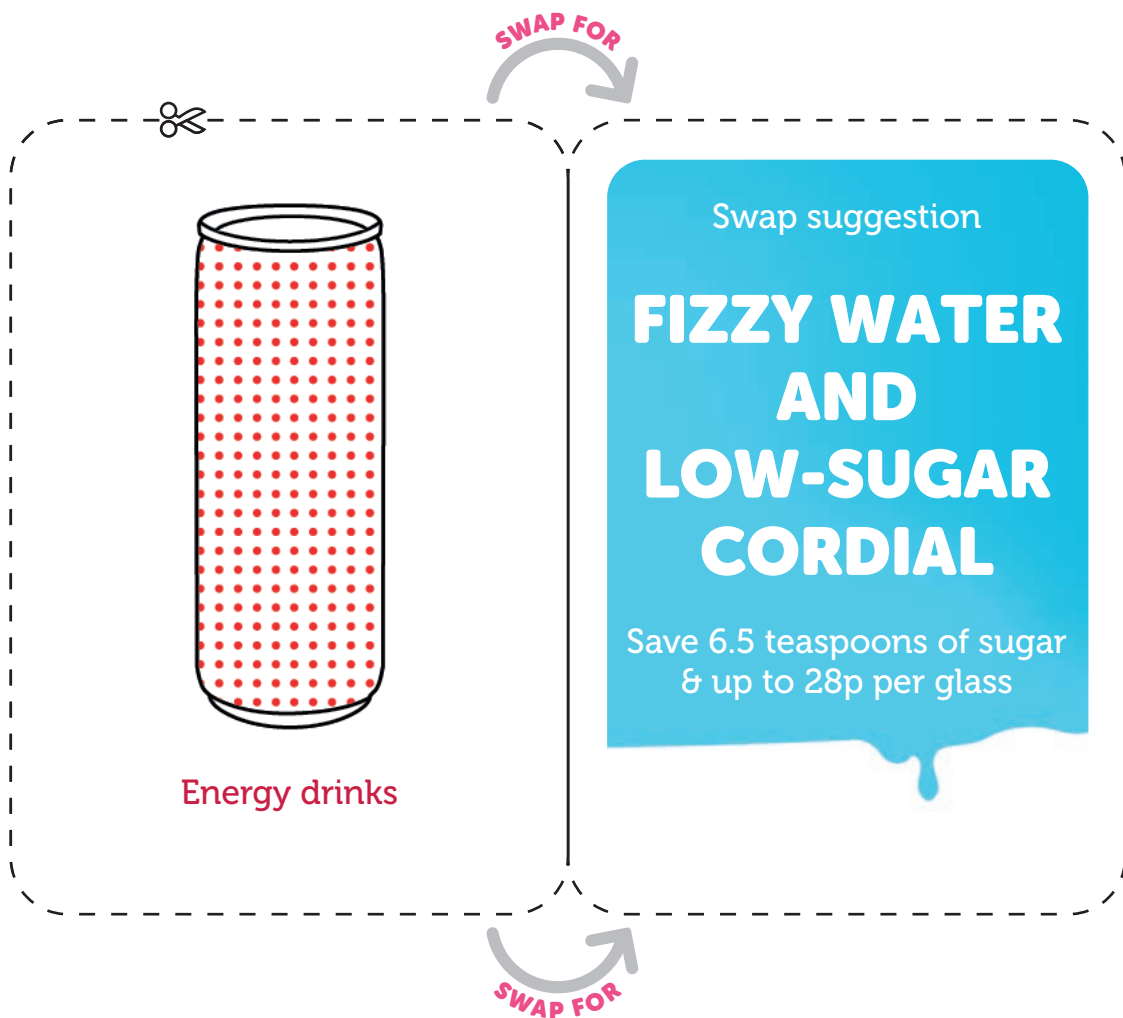
Start making some small swaps today and see how much you could save.



Find more great swap and save ideas
at www.sheffieldsweetenough.org

SWAP SUGARY DRINKS AND SAVE

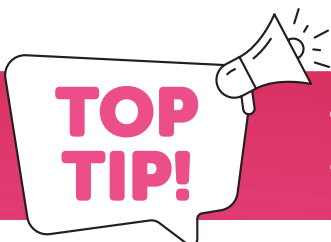
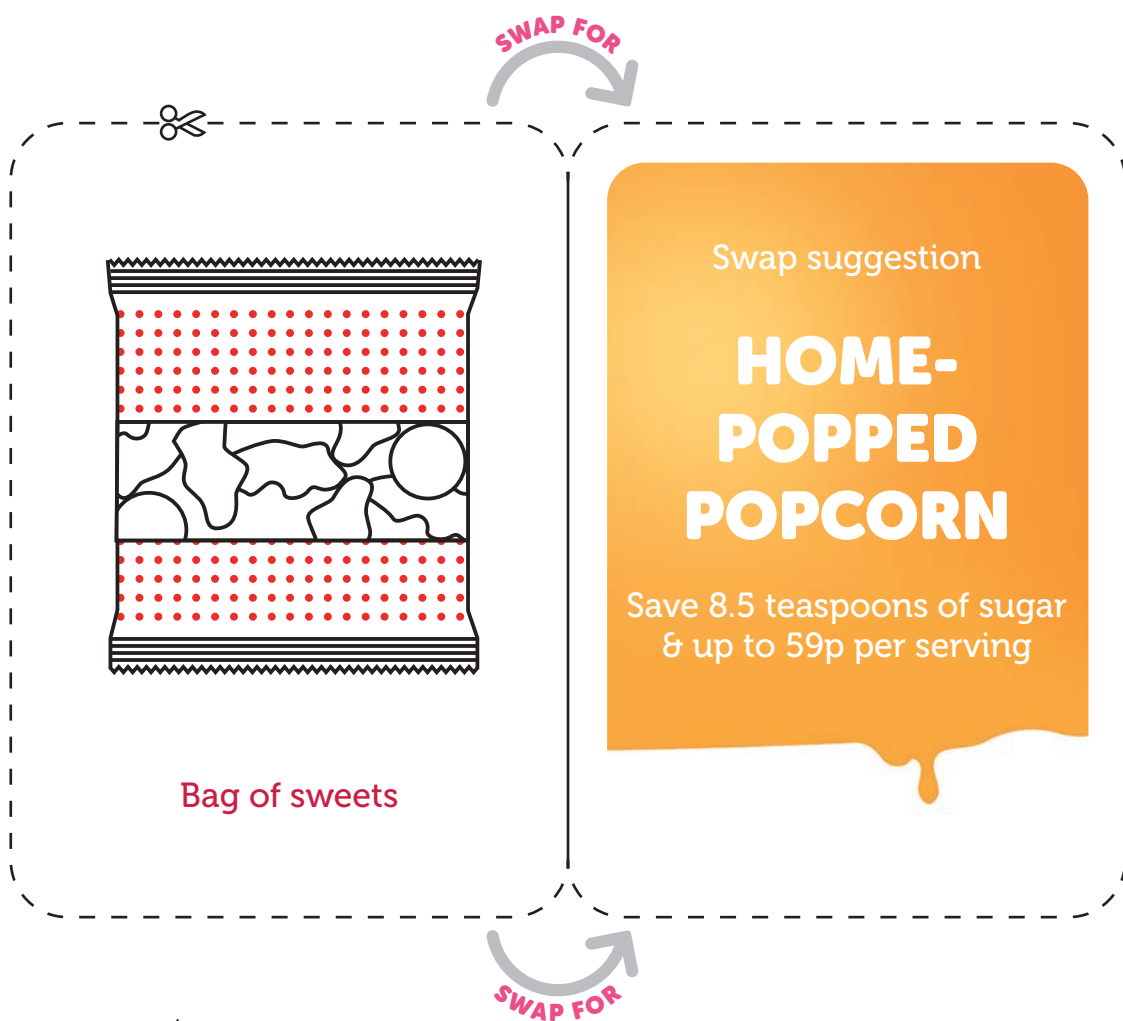
The cost of sugary and fizzy drinks can easily mount up when you have a busy household. Did you know, mixing sparkling water with low-sugar cordial can achieve a similar effect and can even save money. If your kids usually get through a 2-litre bottle every day, this simple swap could save you around £5 per week!



Find more great swap and save ideas
at www.sheffieldissweetenough.org

SWAP SUGARY SWEETS AND SAVE

The amount of sugar lurking in some of our favourite sweets can be pretty shocking! Switching to a microwaveable popcorn not only rations the portion-size rather than a shop bought bag, it also cuts down on the amount of salt and sugar than pre-popped and flavoured corn – but it's just as tasty! You'll save around 59p per packet, too.



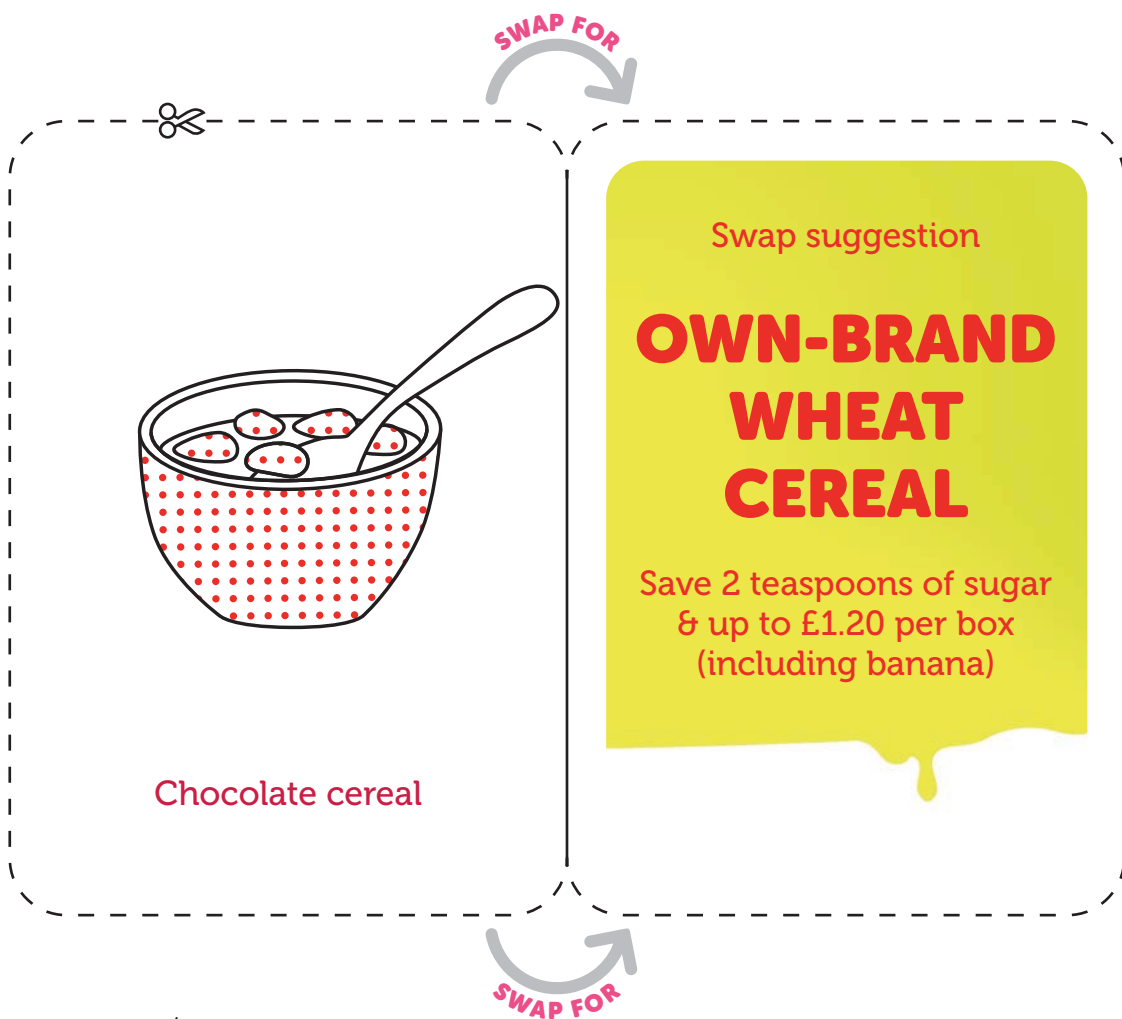
Try adding cinnamon, cocoa powder or lemon juice to sweeten naturally!

Find more great swap and save ideas at www.sheffieldissweetenough.org



SWAP SUGARY CEREALS AND SAVE

One of the worst culprits for too much sugar is our daily bowl of cereal – and kids get through bucket loads! Switch from a chocolate variety to an own-brand wheat cereal and add a bit of fruit on top to make it taste naturally sweeter. Not only better for their teeth, better for your budget too!



**TOP
TIP!**

Why not try adding sliced banana?

Find more great swap and save ideas
at www.sheffieldissweetenough.org

SWAP SUGARY LOLLIES AND SAVE

An ice lolly can be very enjoyable in the hot weather, but some contain surprising amounts of sugar. Choose own-brand varieties that are made with water, not ice-cream, or make your own! You can mix any low-sugar cordial with plain water and pop it in a freezer mould to make your own refreshing flavours that cost up to 32p less per lolly!

SWAP FOR

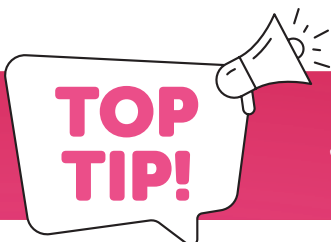
SWAP FOR

Fab ice lolly

Swap suggestion

HOMEMADE LOLLY WITH CORDIAL AND WATER

Save 2.5 teaspoons of sugar & up to 32p per serving



Just add a stick into a plastic cup and pop in the freezer!

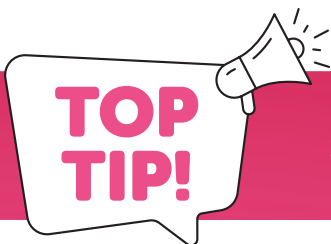
Find more great swap and save ideas at www.sheffieldissweetenough.org



SWAP SUGARY SNACKS AND SAVE

One of the best ways to save money and help everyone eat healthier is by making your own tasty snacks at home. Flapjacks are super easy to make, the kids will have fun in the process and you'll enjoy the extra pennies in your pocket.

The diagram is enclosed in a dashed-line border with a pair of scissors icon at the top left. It features two curved arrows labeled "SWAP FOR" pointing from the left flapjack to the right flapjack and from the right flapjack back to the left. On the left is a simple line drawing of a rectangular chocolate flapjack with a red dotted top. Below it is the text "Chocolate flapjack". On the right is a green rounded rectangle containing the text "Swap suggestion", "HOMEMADE FEELGOOD FLAPJACK", and "Save 4 teaspoons of sugar & up to 75p per flapjack".



See page 8 for the recipe

Find more great swap and save ideas at www.sheffieldissweetenough.org



SWAP SUGARY CAKES AND SAVE

Did you know, one popular coffee outlet sells a muffin with 33g of sugar in it! That's over 8 teaspoons! Give hungry teenagers a snack that won't eat through your budget by baking your own cakes at home. It's a more nutritious option that won't break their teeth or the bank.

SWAP FOR

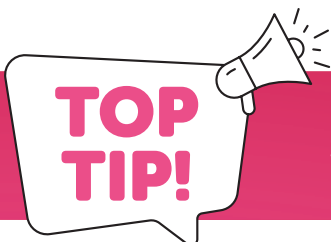
Blueberry muffin

Swap suggestion

HOMEMADE MUFFIN

Save 3 teaspoons of sugar
& up to £1.67 per muffin

SWAP FOR

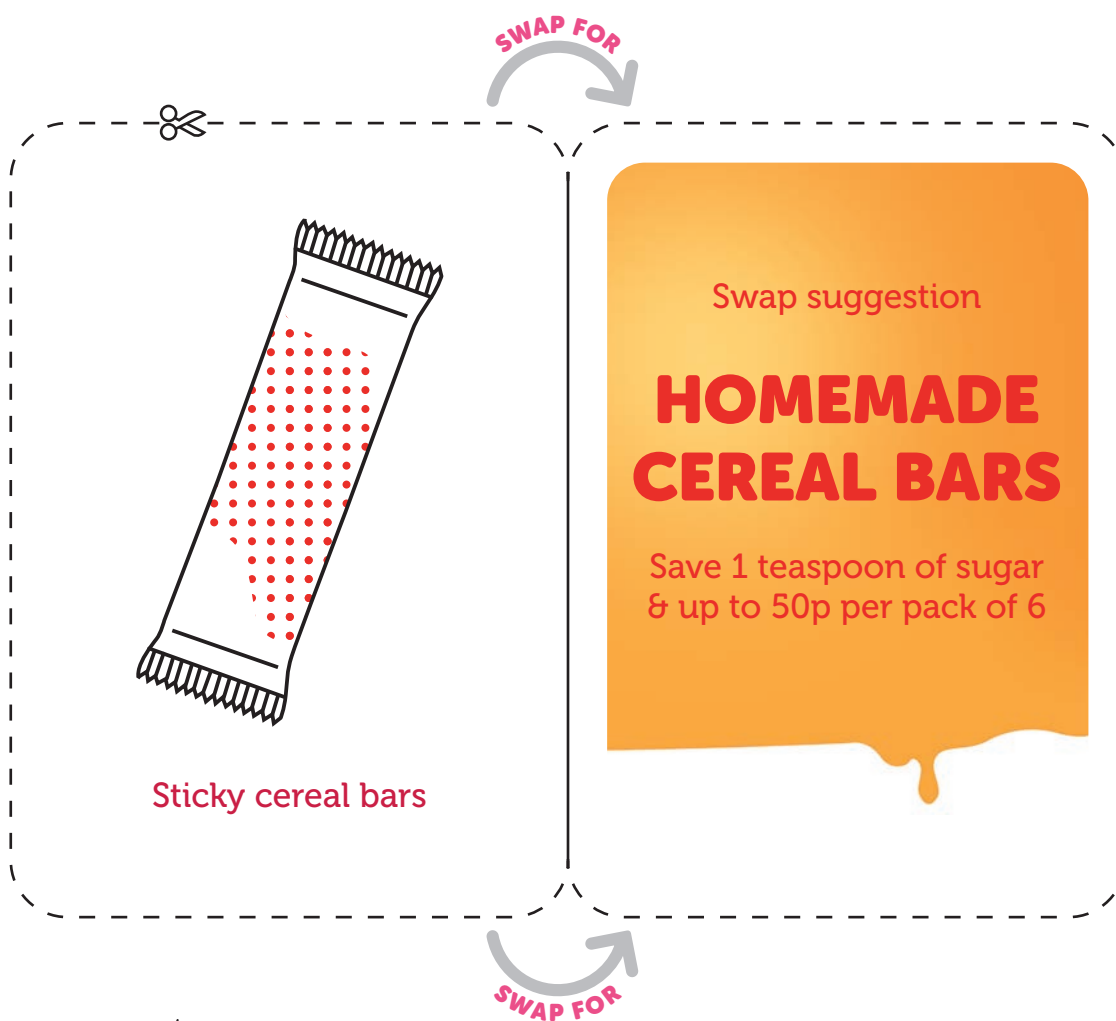


See page 4 for the recipe

Find more great swap and save ideas
at www.sheffieldissweetenough.org

SWAP SUGARY SNACK BARS AND SAVE

Some snack bars, especially when labelled 'brunch' or 'breakfast', can appear to be healthy but are actually hiding a high amount of sugar. Make your own and you'll know exactly what goes into them. You can even add some healthy fresh fruit, such as dried raisins or banana, to boost their five-a-day.



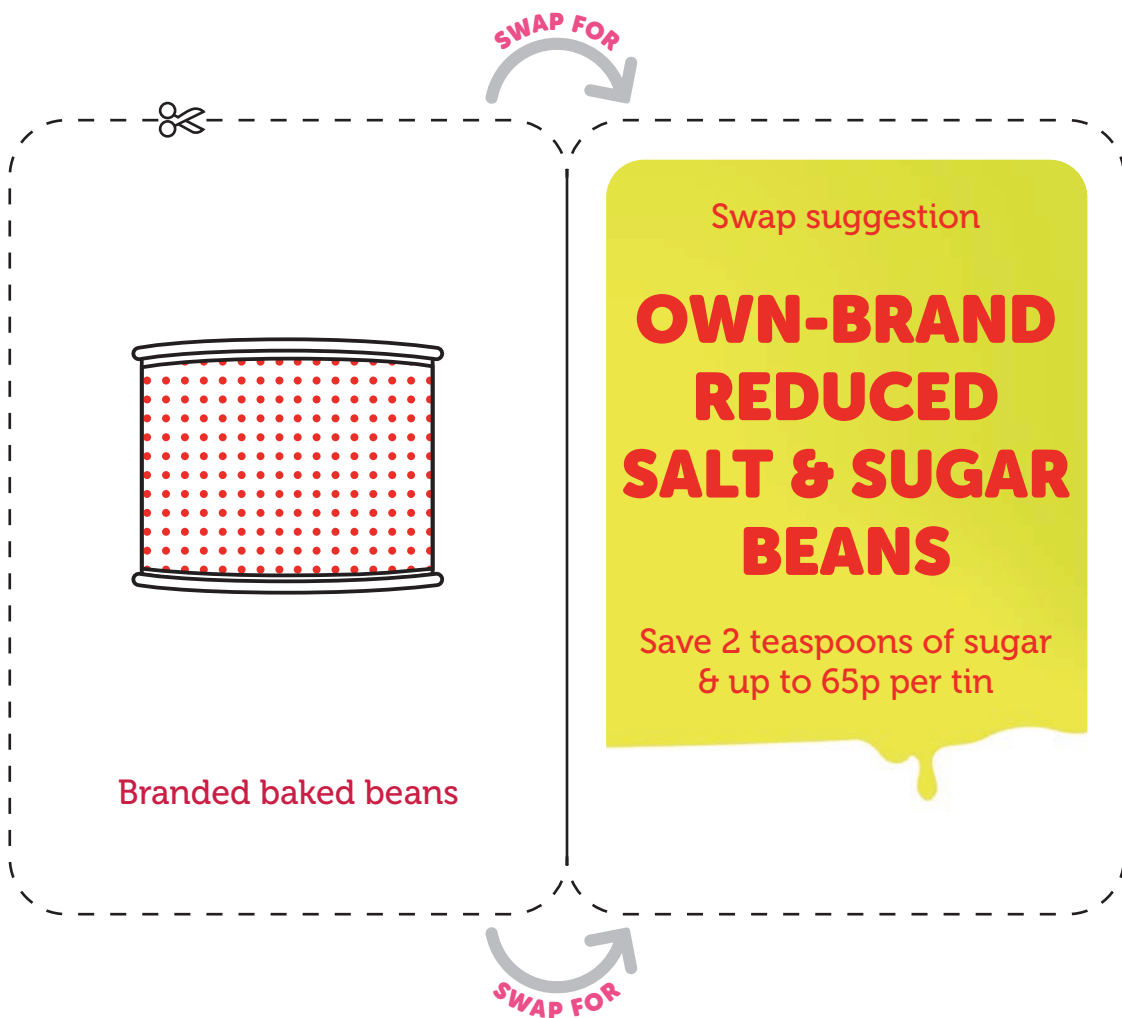
TOP TIP!

See page 12 for the recipe

Find more great swap and save ideas at www.sheffieldissweetenough.org

SWAP SUGARY LUNCHES AND SAVE

Baked beans have been a lunchtime staple for years. They're cheap, nutritious and easy to make, but some of the branded varieties contain really high amounts of sugar. Switch to an own-label, reduced-sugar tin of beans and you could protect their health while saving up to 65p per tin!



Find more great swap and save ideas at www.sheffieldissweetenough.org



SWAP SUGARY TODDLER SNACKS AND SAVE

If you have a toddler, you'll no doubt hear the word "snack" several times a day. But the amount of sugar and the cost of some popular branded options can really mount up. Make simple swaps like switching biscuits for crumpets or rice cakes and watch the savings add up.

SWAP FOR

Chocolate chip cookie

Swap suggestion

OWN-BRAND CRUMPET

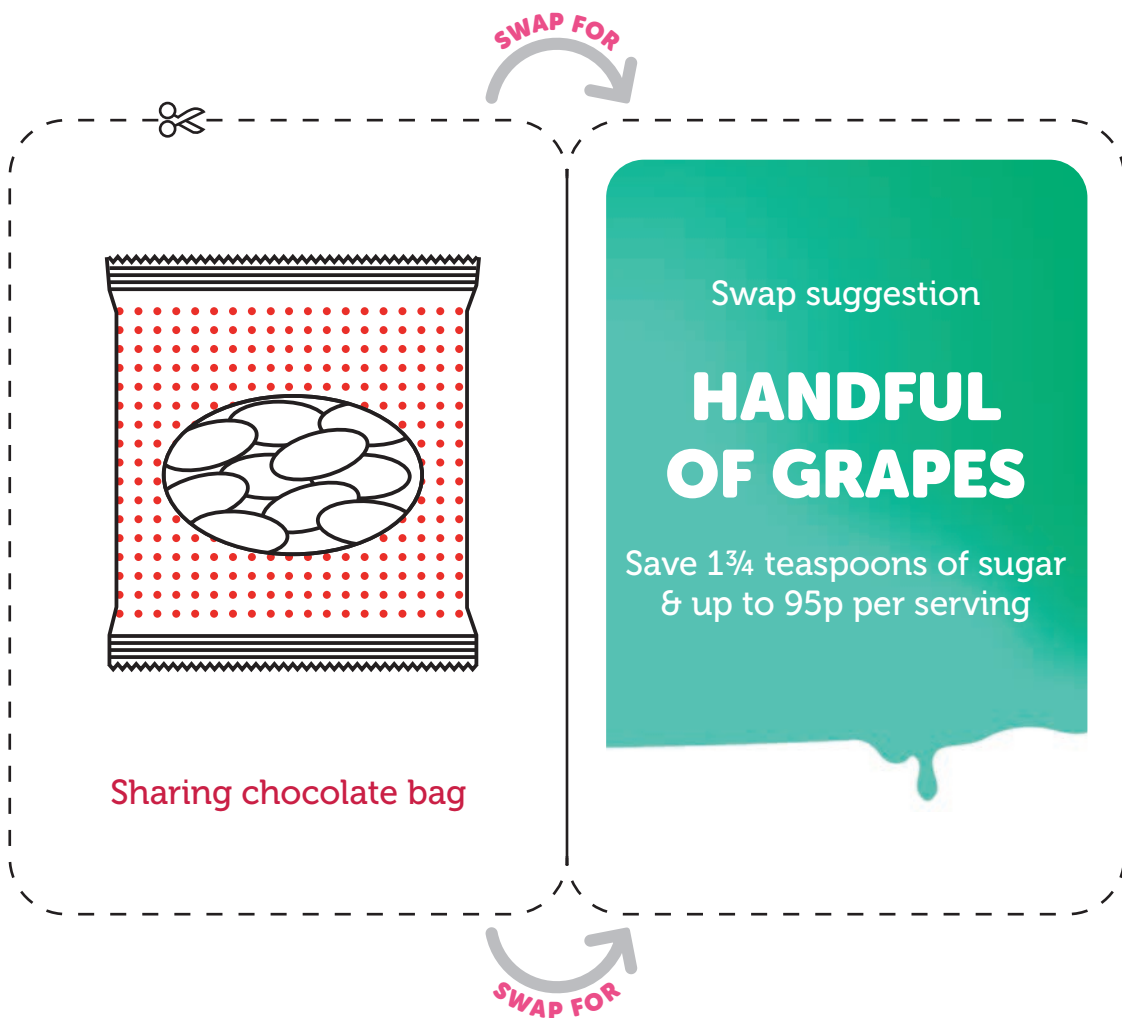
Save 6 teaspoons of sugar & up to 33p per pack

SWAP FOR

Find more great swap and save ideas at www.sheffieldissweetenough.org

SWAP SUGARY SHARING PACKS AND SAVE

When your cupboards are stocked with available snacks they quickly get gobbled up! Sharing packs may seem like good value but can often lead to us eating more than we mean to. Put some fresh fruit out on the counter for kids to help themselves. Grapes are the perfect snack that are healthy, delicious and 95p cheaper per punnet than a branded sharing pack.



Find more great swap and save ideas at www.sheffieldissweetenough.org



HOW TO MAKE YOUR FAMILY'S BUDGET GO FURTHER

We've put together a few handy tips and tricks to help you plan your shopping, save money and spread the cost of food during lockdown. As well as advice on what to look for in the supermarket, we've added some ideas for low-cost, healthy meals that all the family will enjoy.

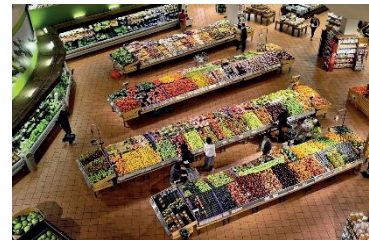
Cooking on a Budget During COVID-19

Eating healthily doesn't have to cost a fortune!

How can I cook on a budget during the current situation for the family?



- Using canned ingredients like tomatoes, beans, tuna and chickpeas can form the base for a variety of healthy family meals. For example, a tin of chickpeas would cost as little as £0.40 and tinned tuna would be £0.95.
- Buying frozen or tinned vegetables can be much cheaper and are just as good for you as fresh ones! They can be used as a tasty way to bulk out meals.
- Looking for foods in the reduced section. You can often find foods such as meat, fish or bread products that are close to their sell by date. You can then either cook them that day and freeze to be eaten on another or freeze them to be cooked in the future.
- Look out for offers - it may work out cheaper to buy in bulk wherever possible and freeze until you need it when buying fresh produce.
- Buy fresh fruit, vegetables and even meat or fish from markets or your local green grocer. This supports independent businesses but can also be much cheaper (important- make sure you do your research as this is not always the case)!
- Look up and down! Supermarkets often put the branded products at eye level. These tend to be more expensive so have a look at the top or bottom for cheaper products. Own brand products can sometimes be healthier as they have less added salt, sugar or fat (however this varies from product to product)



- Check the label! If you have two products that have a similar price, check the label to see which has less salt, fat or sugar per 100g or less calories to make a healthier choice.
- Check the price per kg (on the price label on the shelf in the shop). Sometimes products may seem super cheap but that's because there is less product in the packet!

Different breakfast, lunch and dinner ideas on a budget



1. Oats are among the healthiest grains on earth. They're a great source of important vitamins, minerals, fibre and antioxidants. Oats have many health benefits and are a reasonable price to cook on a budget. Oats are commonly eaten for breakfast as porridge. Oats are versatile as you can use them to make muffins, granola bars and cookies.

2. Fruit bowls with some yoghurt are a good way to start the day whilst combining different types of ingredients to make it nutritious and affordable.

3. Eggs can be made in a variety of ways and are a great cheap source of protein. Our favourites include omelette, scrambled eggs on toast or shakshuka (baked eggs in tomato sauce pictured on the right!)



4. Having a tuna and tomato pasta bake is a good way of making the most of canned and dry ingredients you might have already, such as chopped tomatoes, sweetcorn, tuna and dried pasta.



5. Potatoes have always been a staple and never more so than during this difficult time. Potatoes are useful because they can be kept for a long time when stored in a cool, dark place, they are cheap and you can add them to pretty much every dish!

FOLLOW US FOR MORE GREAT TIPS!

Sheffield City Council and its partners regularly share helpful hints and tips with the local community on our social channels. You can follow us using the following handles:

Websites

www.learnsheffield.co.uk/partners/eat-smart-Sheffield

www.nhs.uk/change4life

www.sheffieldissweetenough.org

www.livelightersheffield.com



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