

# Healthy Living Focus

## Healthy Food On A Budget

Hello, and welcome to Healthy Living Focus. In this edition we are taking a look at healthy food on a budget. Eating healthy, nutritious food doesn't have to break the bank. We will take a look at ways to save the pennies by making the most of the freezer, creating DIY snacks, planning for successful shopping trips, as well as using cupboard staples!

### Cut down the cost of cooking by using your freezer!

- Freeze as many fresh items as possible after a big shop to prevent them going off in the fridge.
- Buy bigger packs of things such as meat and poultry, these will work out cheaper than buying individual portions which can then be portioned out and frozen for a later date.
- Cook in bulk! Double or triple recipes and freeze for instant meals on another day.

**spending just £5 a week less on food adds up to a saving of £260 a year!**

### Shopping tips

- ✓ Plan your meals
- ✓ Make a shopping list and stick to it
- ✓ Choose own brand products
- ✓ Avoid the special offer treats
- ✓ Don't shop when hungry

By following these tips, you will avoid impulse buys that add to the shopping bill!

### DIY Snacks

Pre-packaged fruit pots can be really expensive. Make your own using loose fruit, simply peel and chop your own fruit for a healthy snack. How about apple, melon and strawberries?

Or try a healthy, budget friendly smoothie using:

- 1) an over ripe banana
- 2) 200ml milk
- 3) a pinch of nutmeg

simply pulse in a blender until smooth!



### Healthy Living Goal

Plan for success by creating a meal plan for the week!

### Budget Friendly Beans

These bean based meals are a great way of using budget friendly tins of beans and lentils!

- Bean-based stew
- vegetarian chilli
- bean burgers
- Mexican style bean wraps

Three heaped tablespoons of beans and pulses count as one of your 5 A DAY; are low in fat and a source of protein and fibre!



Visit

[https://www.bbc.co.uk/food/collections/budget\\_dinner\\_recipe\\_and\\_ideas](https://www.bbc.co.uk/food/collections/budget_dinner_recipe_and_ideas) for lots of budget friendly meal ideas!

# RECIPE OF THE WEEK

## Beany Burgers



### Ingredients

#### For the burgers

1 large potato, peeled and cut into large chunks

400g tin kidney beans, drained and rinsed

1 red onion, finely chopped

½ tsp dried chilli flakes

1 tsp ground cumin

1 slice bread, blitzed to crumbs

3-4 tbsp vegetable oil

#### To serve

4 burger buns, cut in half

Iceberg lettuce and sliced tomatoes to serve (optional)

Ketchup or your favourite sauce

### Method

1. Place the potato in a pan of boiling water and simmer for 12–15 minutes, or until tender but not breaking apart. Drain well and leave to air dry for a few minutes.
2. In a bowl, mash the rinsed beans using a potato masher. Add the potatoes and mash those too.
3. Mix in the remaining burger ingredients, except the oil. Shape the mixture into four large patties.
4. Heat 2 tablespoons of oil in a large frying pan. Cook the burgers over a medium heat for 3–4 minutes on each side until golden, adding a little extra oil when the burgers are turned.
5. Add the burgers to the sliced buns, and top with your choice of sauce and iceberg lettuce/tomatoes if you wish.

### Healthy Living Tips

Why not serve with a tasty corn on the cob, simply wrap in foil and bake in the oven for 20 minutes at 200C.

**Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.**

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at [healthyliving@nortonhousingandsupport.org.uk](mailto:healthyliving@nortonhousingandsupport.org.uk)

