

FEED YOUR FAMILY FOR LESS



RESOURCE PACK

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FEED YOUR FAMILY FOR LESS

We know this is a very worrying time for families, with the cost of living rising and people struggling to make ends meet. That's why, Sheffield City Council have pulled together some top tips to help you eat well and make your money go further.

You'll find some tasty, quick and healthy recipe ideas, some cost saving sugar swaps, and a cost-cutting cooking sheet to squeeze more out of your weekly food budget.

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LUNCH ON A BUDGET

We've created some healthy lunchtime recipes that contain less saturated fat and sugar than some shop bought alternatives, and cost less per portion. They are all based on family favourites and are easy to make with no special skills or equipment required. If you've got younger children, why not get them involved and have some fun while you're making them?



Homemade tortilla pizza

Serves four people at 42p per pizza*

Ingredients

- 4 tortilla wraps (gluten free options available in most supermarkets if required)
- 4 tbsp tomato puree
- 60g grated low fat cheese
- Topping/s of your choice e.g. ham, tuna, tomatoes, sweetcorn, mushrooms, peppers, pineapple

Top Tip!

Pile your pizza high with any vegetables that need using up and serve with salad to count towards your 5-a-day. As you can choose your own toppings, this meal is great for fussy eaters or people with dietary requirements.

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 toppings 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



Sausage and broccoli pasta with cheese

(By BBC Good Food – Can easily be made vegetarian!)

Serves four people at 71p each*

Ingredients

- 3-4 tbsp sunflower oil or olive oil
- 1 onion, finely chopped
- 4 pork sausages or vegetarian sausage alternative
- 4 garlic cloves, finely chopped
- 400g short pasta of your choice, such as penne
- 1 medium broccoli, chopped into small florets
- 1 lemon, juiced
- 50g freshly grated cheese



3. Bring a large pan of salted water to the boil and cook the pasta following pack instructions, or until al dente. Halfway through the cooking time, add the broccoli. When the pasta is ready and broccoli tender, drain in a colander, reserving a mugful of the cooking water
4. Stir the cooked broccoli and pasta into the sausage mixture in the pan until coated. Season well. Stir through the lemon juice and a splash of the reserved cooking water to loosen if needed. Serve in bowls topped with the cheese



Method

1. Heat 2 tbsp sunflower oil in a pan over a medium heat and fry the onion for 8-10 mins until soft and translucent
2. Squeeze the sausage meat from the casings and crumble into the pan with the onion. Drizzle in 1 tbsp sunflower oil, turn

Low-cost lunch recipe swaps



Swap branded beans for homemade beans or supermarket's own low sugar/salt variety

SAVE 2 teaspoons of sugar and up to 50p per portion*

Swap sticky BBQ chicken wings with the chicken tikka skewers on our website

SAVE 1 teaspoon sugar and up to 96p per serving*



Swap a shop-bought pizza for the homemade tortilla pizza in this booklet

SAVE 1 teaspoon of sugar and up to £3 per pizza*

All recipes and links to more can be found on our website:
sheffieldssweetenough.org

LOW-COST DINNER RECIPES

Leading busy lives can mean we reach for convenience foods and microwaveable meals. But often, it can be much cheaper and healthier to cook our own meals at home. This way, you can be sure of the ingredients and control the sugar and fat content within them. Here are some simple and quick ideas for feeding your family for less.



Easy spaghetti bolognese

(Adapted from BBC Good Food – Can easily be made vegetarian!)

Serves four people at 90p per portion*

Ingredients

- 2 tbsp olive oil
- 400g beef mince or plant based alternative
- 1 onion, diced
- 2 garlic cloves, chopped
- 100g carrot, grated
- 2 x 400g tin chopped tomatoes
- 400ml stock (made from stock cube. Ideally beef, but any will do)
- 400g dried spaghetti
- Salt and pepper



Method

1. Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour). Once browned, transfer the mince to a bowl and set aside

2. Add another tablespoon of oil to the saucepan you browned the mince in and turn the heat to medium. Add the onions and a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan
3. Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary
4. When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the bolognese sauce. Mix well and serve

Top Tip!

This bolognese sauce can be cooked in advance and frozen. Leave to cool completely then pop in a freezer-proof container, it will keep in the freezer for up to 3 months

Peach and chickpea curry (by Jack Monroe)

Serves 2 for dinner at 89p per portion*

Note

It may seem strange to add peaches to a curry, but trust us, it's delicious! This recipe is also a great way to reduce your meat and dairy consumption which makes it kind to the planet as well as your wallet. Chickpeas are a great source of protein, and this recipe contains on average 8g per serving

Ingredients

- 250g canned chickpeas (drained weight)
- 1 onion
- 1 clove of garlic
- 1 chilli (optional)
- A splash of oil
- 1 rounded tsp cumin (ground or seeds) and/or curry powder
- 1 x 400g tin of peaches (in juice, not syrup)
- 1 x 400g tin of chopped tomatoes
- 1 stock cube, veg or chicken
- Optional: Coriander

Method

1. First drain and rinse your chickpeas. Pop them in some fresh water in a saucepan and boil rapidly for 10 minutes to soften
2. Meanwhile, peel and finely chop the onion and garlic, and chop the chilli. Pour a little oil into a medium, heavy bottomed pan, and add the onion, garlic and chilli, then the cumin, and cook gently on a low heat for a few minutes to soften the onion
3. Drain the peaches, reserving the juice, and chop into small pieces. Add to the onion mixture in the pan, along with the reserved juice. Remove the chickpeas from the heat and drain them, and tip them into the peaches-and-onion pan
4. Pour the chopped tomatoes in and crumble over the stock cube, then stir everything together. Reduce the heat to a low setting and cook gently for 30 minutes. Add water, if too thick. Stir well and serve



Low-cost dinner recipe swaps



Swap ready-made meals for homemade meals

You'll find lots of ideas on our website

Swap shop-bought tomato pasta sauce for homemade tomato pasta sauce

Lower in sugar and costs significantly less too!



Swap taco shells for large lettuce leaves

Cheaper, lower in sugar and leftovers can be used for a different meal

All recipes and links to more can be found on our website:
sheffieldissweetenough.org

SNACKS ON A BUDGET

If you have children, keeping them satisfied between mealtimes can sometimes be a challenge. Pre-packaged snacks can be expensive, but they can also be full of sugar and saturated fat, too. Here are a few quick and easy ideas for homemade snacks that won't break the bank.



Quick 'n' Hot Banana Pot (by Jack Monroe)

Serves one at 35p per portion*

Ingredients

- 1 banana
- 2 squares dark chocolate (lower sugar than milk or white chocolate!)

Method

1. Thinly slice your banana and pile into a ramekin dish or small microwave proof bowl. It doesn't matter if you have more banana than bowl, as it sinks down when it's hot

2. Microwave on full power for 30 seconds, leave to stand for 30, and microwave again for 30. Remove – it should be soft and hot and juicy. If it isn't, give it a stir and ping it for another 30 seconds



3. Give it a good stir to make a hot, smooth-ish puree. Pop your chocolate on top and stir gently to melt it in. Find a comfortable chair, and a teaspoon, and devour



Homemade Cereal Bars

Makes eight servings at 30p per portion*

Ingredients

- 175g oats
- 85g no added sugar Muesli
- 150g dried fruit
- 3 tablespoons clear honey
- 2 egg whites
- 175ml apple juice

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 18x28cm (7x11in) baking tin
6. Bake for 20-25 minutes until golden
7. When cool, cut into bars



Top Tip!

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



PBJ Granola (by Jack Monroe)

Makes eight servings at 11p per portion*

Ingredients

- 2 tbsp light cooking oil
- 4 tbsp peanut butter
- 4 tbsp strawberry or raspberry jam
- 300g porridge oats
- Optional: milk or a low sugar yoghurt

Method

1. First, preheat your oven to 160C
2. Take two medium-sized, microwave proof bowls. Pop the peanut butter in one and the jam in the other and melt them both for 40 seconds on a high heat until liquid. Add a tablespoon of oil to each and stir
3. Divide the oats in half and add to each bowl. Mix well to coat them with their respective mixtures
4. Dollop the mixtures onto a baking tray, a teaspoon at a time, until the bowls are both empty. Pop the baking tray into the oven for 15-20 minutes. The jam may pool onto the tray and mix with the peanut butter – this is absolutely fine
5. Remove from the oven when golden and jostle about with a spatula, palette knife or wooden spoon to stop it from sticking and setting as the jam cools. Allow to cool completely, then transfer to an airtight jar. Leave the lid off for a further hour just to be sure that no warm air will become trapped inside your jar, and then screw tight and shake gently to mix together
6. The granola will keep for around 6 weeks if stored correctly
7. For a snack, serve the granola with milk or with a low sugar yoghurt



Low-cost snack swaps



Swap coffee shop blueberry muffins for the homemade banana muffins on our website

SAVE 3 teaspoons of sugar and up to £1.67 per serving*

Swap chocolate flapjack for the Feel Good Flapjacks on our website



SAVE 4 teaspoons of sugar and up to 75p per flapjack*



Swap sticky cereal bars for the homemade cereal bars on our website

SAVE 1 teaspoons of sugar and up to 50p per pack*

Swap chocolate brownies for the homemade sugar-free brownies on our website

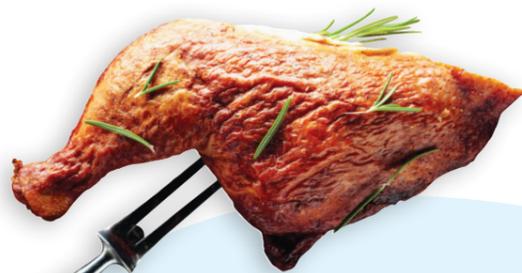


SAVE 7 teaspoons of sugar and £1.54 per brownie*

All recipes and links to more can be found on our website:
sheffieldissweetenough.org

Cooking lunch and dinner on a budget top tips

- 1 **Halving the amount of meat in a recipe and replacing with lentils, beans or vegetables is a good way to save money, be healthier and be better for the planet**
- 2 **Research has shown that ovens are the most energy intensive cooking appliance – try swapping to the hob, slow cooker or a microwave. Cooking half of your meals in a slow cooker could reduce your energy bills by up to £150 annually and save you plenty of time! You could also cook meals in bulk and reheat them in the microwave to reduce your energy bill**
- 3 **Use canned ingredients like tomatoes, beans, tuna and chickpeas as a base for healthy family meals**
For example, a tuna and sweetcorn tomato paste bake uses all canned and dry ingredients!
- 4 **Check the label! If two products have a similar price, see which has less salt, fat or sugar per 100g or fewer calories to make a healthier choice**
Learn how to read labels on our website:
sheffieldissweetenough.org
- 5 **Check the price per kg**
Sometimes products may seem super cheap but that's because there is less product in the packet!



Cooking lunch and dinner on a budget top tips

- 6 **Eggs can be made in a variety of ways and are a great cheap source of protein**
- 7 **Use frozen veg to bulk out couscous, rice, noodle and pasta dishes**
- 8 **Batch cook soups and other meals or make the most of last night's leftovers**
- 9 **Make your own humous, dips, dressings and sauces**
BBC Good Food is a great place to find some quick and easy recipes
- 10 **Look for the expensive items such as meat, fish or vegetarian/vegan alternatives in the reduced section or choose cheaper cuts of meat such as chicken thighs and drumsticks instead of breasts**
Cook and freeze the same day
- 11 **Some plant-based alternatives can be cheaper than meat and can be healthier for you**
- 12 **Look up and down! Supermarkets often put the branded products at eye level**
- 13 **Own brand products can sometimes be healthier and have less added salt, sugar or fat**
- 14 **Potatoes can be kept for a long time, are cheap, and can be added to almost any dish!**
- 15 **Homemade sauces are healthier and give you the base ingredients to make multiple dishes – cheap and versatile with no added sugar**



Recipes and further resources

There are lots of online resources that offer great tips on cooking on a budget and recipes for value for money meals. Here are some of our favourites:

Sheffield is sweet enough

sheffieldissweetenough.org

Our website is dedicated to keeping our local community healthy with advice on how much sugar is too much, labelling information, smart sugar-swaps and brilliant low-sugar meal ideas

BBC Good Food

bbcgoodfood.com/article/cook-smart

There are always lots of tasty recipes on the BBC good food website and their Cook Smart series is specially designed to help families cook on a budget

Jack Monroe

cookingonabootstrap.com

Jack Monroe has created a brilliant website to support families cook on a budget. Look out for their super simple Carrot Ribbon Pasta and Mixed Bean Goulash.

Jamie Oliver

jamieoliver.com/family/money-saving-recipes/

Jamie Oliver has been on a mission to reduce sugar in our diets for years and was instrumental in introducing the sugary drinks tax. Discover some great recipes on his website

Tesco

realfood.tesco.com/budget-meals.html

Tesco has put together a website that helps you shop for and cook healthy, balanced meals that are also budget friendly. Why not try something new today? Other supermarket websites have similar budget recipe sections and are worth checking out for inspiration

Food For Life

foodforlife.org.uk

Food For Life have created some cost saving and healthy recipes for families, along with step-by-step videos. There's also an app you can download!

Drinks on a budget

If you really want to cut down on sugar and save some money, sticking to tap water is the best thing you can do. If you or other family members enjoy a fizzy drink, try to avoid buying sugary bottles of pop or energy drinks. One popular brand contains as much as 13 teaspoons of sugar per can, which isn't kind to your health or wallet. Here are our top tips for keeping everyone hydrated and happy.

- 1 **If you drink sugary drinks regularly, try reducing your intake slowly**
- 2 **Have one or two days a week where sugary drinks are off the menu**
- 3 **Swap sugary sodas with a mix of fizzy water and low-sugar cordial**
- 4 **Choose diet or low sugar varieties and stick to own brand**



5 **Swap sugar-sweetened plant-based milk alternatives (e.g. soya milk) for low-sugar or no added sugar varieties**

6 **Make water more interesting by adding sliced lemon/ cucumber or frozen berries**

7 **Create your own smoothies but add more vegetables than fruit to reduce the sugar**

8 **Limit fruit juices or dilute them with fresh water to make them go further**

9 **Use natural sweeteners, such as cinnamon, in tea and coffee**



Visit sheffieldissweetenough.org for more advice on sugar and your health

USEFUL CONTACTS

Many families continue to face financial difficulties due to the cost-of-living crisis. If you are struggling financially, you can phone Sheffield City Council's Community Helpline on **0114 273 4577**, select option 0, or for free information and advice contact Citizen's Advice on **0808 278 7820** or visit citizensadvicesheffield.org.uk



For more useful recipes,
visit our website:
sheffieldissweetenough.org/recipes

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