

change 4 life

Eat well Move more Live longer

SHOP SMART

Below, you'll find some cheap ingredients you can use to make meals for the whole family. It'll help save money and they're better for you than processed foods.

We've provided a couple of alternative recipes using similar things as well as suggesting how you can use leftovers for quick snacks for the kids. First check the cupboard for any ingredients you might already have.

ALL THE PRICES BELOW ARE BASED ON A SHOP AT 3 LEADING SUPERMARKETS ON 4TH JUNE 2009.

Extra lean mince 500g for each recipe	£2.67
Vegetable oil	98p
2 onions	58p
Tomatoes (6 pack)	85p
Lettuce	72p
A bag of carrots	78p
6 wholemeal bread rolls	54p
EITHER 1 tin of chopped tomatoes with garlic or herbs	45p
OR 1 jar of tomato bolognaise sauce. Make sure it's without mince. And remember to check the label for low salt, sugar and fat.	
Closed cup mushrooms 250g	92p
12 eggs	£2.55
3 fresh peppers	£1.45
1 bag of dried pasta (any shape you like!)	40p
Natural cottage cheese	78p

RECIPES

This is a version of a takeaway favourite but by making your own burgers, you'll be giving the kids a healthier meal.

HOME-MADE BURGER

Serves: Up to 5 Cost per serving: approx £1.24

Make your own tasty burgers, packed full of crisp lettuce and juicy tomato in a wholemeal roll.

Get the kids involved! Get them to make their own burgers and ask them to choose their favourite healthy things to stack into their roll.

INGREDIENTS

- 500g lean minced beef
- 1/4 of an onion
- Lettuce, tomato, carrot
- 6 wholemeal bread rolls
- 1 teaspoon of vegetable oil*

* not included in cost per serving

HOW TO MAKE

1. First, turn on the oven and set the heat to 200°C (gas mark 6).
2. Place the mince into a bowl.
3. Peel all the brown skin from the onion, then chop it as small as you can.
4. Add the onion to the mince then mix it all together.
5. Form the mixture into 4-5 round burgers.
6. Heat the vegetable oil in a frying pan then fry the burger for about 3 minutes a side.
7. Then take it from the pan, put it in the preheated oven and cook for another 5 minutes until no pink meat remains.
8. Serve in a wholemeal bread roll with salad. Lovely!

HOME-MADE SPAG BOL

Serves: Up to 5 Cost per serving: £1.44

We've given you the ingredients and recipe to make your own version of the classic dish.

But you can always start with a jar of ready-made sauce if you want (Make sure it's low in salt, sugar and fat.)

INGREDIENTS

- 500g lean beef mince
- 1 onion, finely chopped
- 1 tin of herbed or garlic chopped tomatoes
- 1 pepper, chopped
- 100g mushrooms, sliced
- 1 carrot, chopped
- 150g dry spaghetti (or other pasta)
- 1 teaspoon of vegetable oil*

* not included in cost per serving

HOW TO MAKE

1. Peel the brown skin from the onion. Then chop it as small as you can.
2. Heat up the oil in a saucepan.
3. Add the onion pieces and fry until soft.
4. Add the mince and fry on a gentle heat until brown, stirring to stop it from sticking.
5. Then add the remaining ingredients, bring the sauce to the boil, then turn down the heat and simmer gently for 15-20 minutes.
6. Serve with spaghetti or other pasta (cook pasta as described below).

COOKING PASTA

1. You'll need about a handful of pasta per adult.
2. First, bring a pan of water to the boil.
3. Add your pasta, bring everything to the boil, stir well and leave to cook for about 8 minutes.
4. Try the pasta to see if it's cooked. Drain it straight-away and serve with sauce.

Handy tip: To save leftover boiled pasta, mix drained pasta with a little oil, cover with cling film and store in the fridge for a maximum of 1 day.

OMELETTES

Serves: 6 omelettes per 12 eggs

Cost per serving: All you need to buy are the eggs. That's about 43p per omelette!

Best of all, you can add any leftovers to it to make your own mark on this simple meal.

FOR EACH OMELETTE

- 1 teaspoon of vegetable oil
- 2 eggs
- Leftover veg such as red pepper, mushroom or tomatoes

HOW TO MAKE

1. Slice leftovers such as red pepper, mushrooms or tomatoes into small pieces.
2. Warm up the oil in the frying pan.
3. Beat your eggs in a small bowl until they are yellow and runny.
4. Pour it all into the frying pan. Keep stirring the egg with a fork in the pan until it begins to set.
5. Turn down the heat and then add any extra ingredients from step 1 that you like. Continue to cook until the egg is set.
6. When cooked, gently fold your omelette over in the pan and slide it onto a plate.

HEALTHY SNACKS

These can be given to your kids if they're feeling peckish. They're fun, tasty and use up any leftover portions.

- Sliced tomatoes
- Carrots
- Peppers
- Natural cottage cheese dip

1. Slice the carrots and peppers into thin sticks.
2. Slice the tomatoes into halves or quarters.
3. Serve with a large dollop of the cottage cheese dip to stick them into.

YUM!!!!!!

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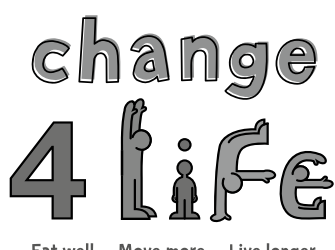
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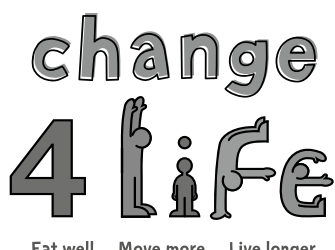
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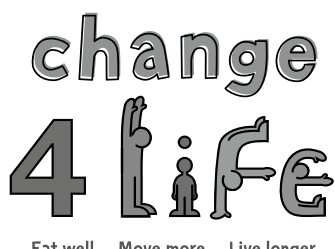
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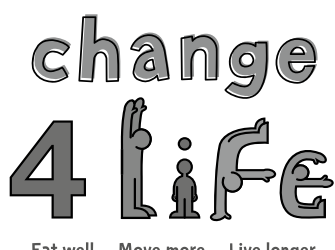
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