

# Can using less fuel still mean an affordable & nutritious diet?

**W**e're all facing daily challenges, trying to think of recipes and ways to create nutritional meals for ourselves and loved ones, which give us enough energy to perform well at home, work, school and play, and to make sure our bodies have the right food to ensure a good night's sleep.

**O**ur in-house nutritionist, Amanda Aitken MSc ANutr has researched current food prices at ALDI & Tesco to compile a guide to create a nutritionally balanced meal plan costing between £45-60 each week to feed a family of 4. This guide will help you batch cook to freeze and make good of leftovers for your next day's lunches and dinners to leave you energised and healthy whilst using minimal fuel too.



































Cracking  
Good Food

[WWW.CRACKINGGOODFOOD.ORG](http://WWW.CRACKINGGOODFOOD.ORG)

# SAVE FUEL

Power up the Flavour

# Meal Plan

	Breakfast	Lunch	Vegetarian Dinner	Meat Dinner	Snacks & Puddings
Monday	Breakfast muffins 	Dhal & rice  	Leftover Jollof rice with homemade coleslaw 	Leftover meat with wedges or jackets & coleslaw	Leftover rice pudding
Tuesday	Soaked oats & tinned peaches	Minestrone soup & bread  	Lentil Bolognese with grated cheese  	Low fat mince & lentil Bolognese  	Peanut butter on wholemeal toast
Wednesday	2 Boiled eggs with toast	Quesadillas filled with leftover Bolognese	Jerk cauliflower & chickpea curry with rice  	Jerk chicken & rice  	Pancakes 
Thursday	Soaked oats with frozen berries	Cheese on toast with homemade coleslaw	Beany shepherd's pie & peas  	Cottage pie with frozen peas  	Yoghurt & fruit (frozen or tinned berries)
Friday	Corn flakes with banana	Leftover beany shepherd's pie. & peas/cabbage 	Mushroom stroganoff & rice  	Veg & pork stroganoff & rice  	Crispy cakes
Saturday	Porridge with milk & tinned peaches - make double portions! 	Spicy potato soup 	Veg stir fry & noodles  	Chicken & veg stir fry with noodles  	Crispy cakes
Sunday	Pancakes with left-over porridge served with frozen berries 	Beans on toast	Jollof rice with peas 	Roast or slow/pressure cooker pork, yorkshires & trimmings	Rice pudding or make breakfast muffins & bread

Vegetarian diet cost = £48.24 | Meat diet cost = £60.56

(Based in costs at Aldi's & Tesco's April 2022)

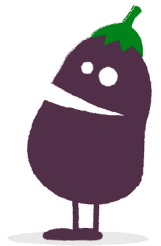
 Freezes well  Batch cook

## STORE CUPBOARD ESSENTIALS

Having some basic ingredients in your fridge, freezer & cupboards will help you quickly & cheaply create meals.

Email [recipes@crackinggoodfood.org](mailto:recipes@crackinggoodfood.org) to crack on & cook!

Flours for cooking & baking Pasta, Rice for curries, chillies & casseroles Lentils, pulses & grains for soups, stews & to bulk dishes out Noodles for soups & stir fries Tins of plum tomatoes - for sauces, bases of meals Beans -butter beans/ kidney beans/borlotti for added protein & texture Tuna, sardines, salmon, anchovies - for salads, sandwiches, pasta Baked beans - kids love'em on toast! Spices - chilli, turmeric, cumin, pepper, coriander, garam masala, paprika etc - a little spice livens up food. Buy in international stores - much cheaper! Herbs - mixed herbs, rosemary, thyme, oregano to perk up soups, stews, and pasta Other seasonings and flavour enhancers, soy sauce, Worcestershire sauce, mustard, honey, vinegar, balsamic vinegar etc Stock cubes/dried bouillon add depth & richness to foods Oils can include vegetable, rapeseed, olive & sesame.



# LOW FUEL

# Cooking Tips

## Cooking

- Check out charity shops for pressure cookers which reduce cooking time & boost nutrition
- Air fryers from £40 reduce fuel usage & offer healthier ways to fry food
- Slow cookers are cheaper to run than ovens & use less electricity than conventional light bulbs!

## Oven

- Leave door open after cooking to heat room
- If you have time, plan & batch cook for the day's dinner & tomorrow's lunch
- Oven going on but it isn't full? Chop up spare veg to roast them for sandwiches or a side dish

## Kettle

- Leave door open after cooking to heat room
- If you have time, plan & batch cook for the day's dinner & tomorrow's lunch
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## Fridge & Freezer

- Don't keep opening & closing fridge/freezer doors - as warm air pushes temperature up using more fuel to cool down.
- Fuller freezers use less energy
- Refrigerate cooled leftovers to avoid your fridge working extra hard to cool it down
- Defrost food in your fridge to help cool it
- Endless dishes can be batch cooked and frozen for lunches & dinners, saving you time & fuel - defrost in the fridge & reheat in the microwave

## Hob

- Use the correct sized pans as small pans waste heat on big rings & small rings extend cooking time
- Use lids to keep heat in & speed up cook time
- Use 1 ring not 3! A stackable steamer can separately cook veg, fish, dumplings etc all at once.

# EQUIPMENT SUBSTITUTES

You really don't need brand-new equipment to cook-up great looking, tasty dishes from scratch!

- **Jar lids & measuring cups make perfect burger presses**
- **Sharpen knives on unglazed jar or the rough underneath of a mug**
- **A plate makes a great saucepan lid (be careful removing)**
- **Use a fork in place of a whisk**
- **The side of a jam jar, cordial, or wine bottle rolls pastry perfectly**
- **Sieves make great colanders or use a clean tea towel in an empty bowl!**
- **Use butter tubs and takeaway containers to store leftovers**



## Fuel Bank helps prevent self-disconnection

Available in selected foodbanks and advice agencies. They supply top up vouchers providing approximately two weeks' worth of fuel to clients using prepayment meters who have been deemed as in 'crisis need' by an independent referrer, ensuring people are not left without energy for the basics like cooking and heating.

[www.fuelbankfoundation.org](http://www.fuelbankfoundation.org)

## African & Caribbean Eatwell Guide

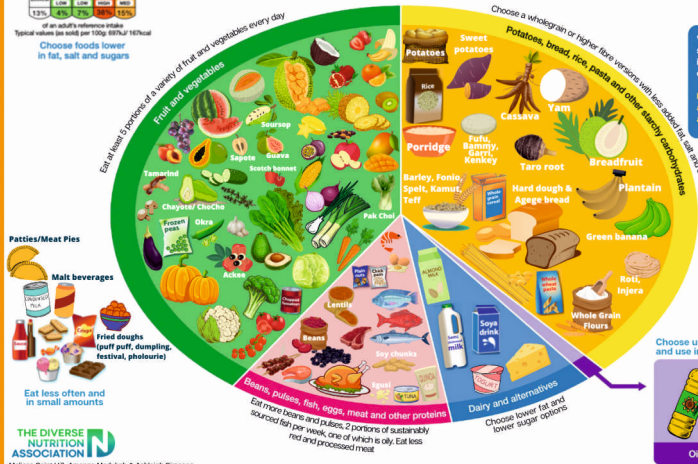
Check the label on packaged foods

Each serving (150g) contains

Energy (kcal)	133	245	349	453
Fat (g)	3.0g	1.3g	5.4g	0.9g
Saturated fat (g)	0.6g	0.2g	0.8g	0.1g
Salt (g)	0.1g	0.2g	0.3g	0.4g

Typical values for adults per 100g (100kcal/100g)

Choose foods lower in fat, salt and sugars



THE DIVERSE NUTRITION ASSOCIATION  
Melissa Saint Hill, Amazee Madukah & Ashleigh Simpson

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

For more economic recipes – CHECK OUT  
**‘Cooking on a Bootstrap’**  
by Jack Monroe and BBC Good Food



## The South Asian Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

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Each serving (150g) contains

Energy (kcal)	133	245	349	453
Fat (g)	3.0g	1.3g	5.4g	0.9g
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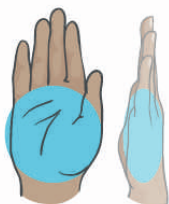
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## YOUR HAND IS YOUR PORTIONING TOOL



A serving of protein  
= 1 palm



A serving of  
vegetables = 1 fist



A serving of carbs  
= 1 cupped hand



A serving of fats  
= 1 thumb



This easy-to-use portion size guide can be used for all ages, as hand size is relative to body size in most cases. Hand sized models require no weighing, so no equipment needed! Remember to use your child's hand when serving their meals rather than your own.

A great way to minimise food waste!

## Recipe Finder | British Heart Foundation

The British Heart Foundation has a free app for iPhone and Android smartphone users detailing over 100 recipes for people with high cholesterol, high blood pressure and/or diabetes from all over the world and a handy shopping list feature. You can filter the recipes into which cuisine of your choice.



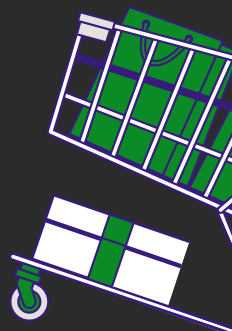
**bhf.org.uk**

# LOW FUEL

# Lifestyle Tips

## SHOPPING

- Check your cupboards, fridge & freezer before you head to the shops & eat before you leave as shopping when hungry can lead to buying items you don't need or unhealthy snacks!
  - Use the 'Use By' date & your sense of smell & sight rather than Best Before to know what's still safe to eat REMEMBER: Best Before is a guide, Use By is a warning!
  - If possible, reduce travel & shop local to support local growers, the food will be seasonal & less likely grown in artificial conditions
  - Reduce meat intake, veg is much quicker to cook & uber healthy and nutritious
  - Ask your local grocer what's not selling that day - discounts may be available!
  - International food stores offer great prices on fresh foods & spices, far more bang for your money!
- Reduce your meat intake — filling up on vegetables, pulses and red & yellow lentils
- which are the quickest to cook, is cheaper and healthier than buying meat and better for the environment.



## GET ACTIVE

- Get on your bike! Shop local & save fuel - local charities refurbish & sell pre-loved bikes - just in time for low-cost summer family fun
- Grow Your Own fruit & Veg - the benefits are great! Reduce shopping costs & time, sustainable chemical free food & boost your mental wellbeing & satisfaction. joining a local community allotment plot is a great way to meet others, or even grow herbs on your windowsill will save money and time!



## HELPING COMMUNITIES COPE WITH THE FUEL & FOOD CRISIS

**CLAIM YOUR**  
**£4.25 HEALTHY**  
**START VOUCHER**  
**WEEKLY PAYMENT**



If you're receiving a qualifying benefit and are pregnant or have parental responsibility for at least one child under the age of 4, you can apply online now for the NHS Healthy Start Card

# LOW FUEL

# Lifestyle Tips

## LIVING

- BEWARE of vampire devices! Turn electrical items off at the socket, when not in use, rather than leaving on standby
- Use washing machines & dishwashers when full & on energy-efficient programs.
- Wash at 30C or 20C unless washing really soiled clothes & dry outside
- Clean tumble dryer filters to keep it energy efficient
- Turn the lights off every-time you leave a room
- Attend a Carbon Literacy Course so you can learn how simple changes can affect our environment

- Wet appliances (dishwasher, washing machine), cold appliances (fridge/freezer) and consumer electronics (phone, laptop, games console etc) are the 3 biggest energy-users in the home



## HEATING



- Avoid using electricity between 4pm & 8pm its the most expensive time!
- Turn the boiler on once a day for showers/washing up.
- Close your curtains/ blinds just before dark to hold heat in the room.
- Layer up to keep warm rather than 1 big jumper as warm air gets trapped between the layers.
- Hot water bottle warms the mattress & your night clothes!

- Research Home Efficiency Grants & ways to save on energy bills you're eligible to via Money Saving Expert - Martin Lewis | 10 Ways To Save On Energy Bills - Which? | gov.uk

## HELPING COMMUNITIES COPE WITH THE FUEL & FOOD CRISIS

**SAVE MONEY  
& REDUCE  
FOOD WASTE**

Buy heavily reduced fresh, dry and cooked foods direct from supermarkets via online apps - cheap for you & great for our planet!



# Who are



Cracking  
Good Food



As a social enterprise our aim is to encourage and support people to cook affordable, seasonal and nutritious homemade food from scratch. Driven by our belief that everyone deserves good food, our mission is simple: to alleviate food poverty and increase food security in Greater Manchester and beyond, by working collaboratively with others.

Contact us at

**[info@crackinggoodfood.org](mailto:info@crackinggoodfood.org)**

to find out about our...

Community Outreach Programmes,

Kitchen Kit Redistribution,

Teambuilding Events,

Cookery School & Forages.



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