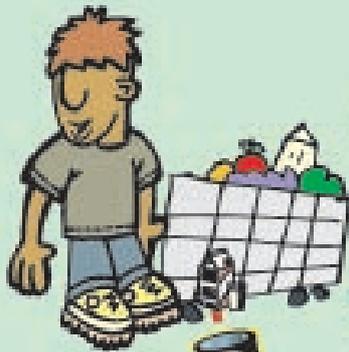


shop cook eat



Contents

SHOPPING LIST

STORE CUPBOARD

BREAKFAST

QUICK SNACKS

QUICK AND EASY DINNERS

SOMETHING SWEET

Shopping List

- 1 litre milk
- yoghurt
- 6 eggs
- 1 packet of mince, chicken or fish
- 1 packet of sausages or bacon
- packet of cheese spread
- 200-400g cheddar cheese
- 1 packet of cold meat
- 1 tub spread/margarine
- 2 kinds of fruit
- 1-2 carrots
- 1-2 onions
- 1 pepper
- some mushrooms
- 2 or 3 tomatoes
- cucumber
- other vegetables (like broccoli, turnip or whatever's cheap, or a bag of frozen mix if you have a freezer)
- potatoes
- 1 tin of tuna or mackerel
- 1 tin of fruit
- 1 tin of tomatoes
- 1 tin of beans
- 1 loaf of bread
- other bread such as pitta or wraps
- breakfast cereal e.g. Krispies
- carton of fruit juice
(check for 100% fruit juice)

REMEMBER TO
CHECK USE-BY
DATES

Buy most of these
every week and you
will have enough food
to make the meals in
the book

If you don't eat
meat, make sure
to buy foods with
beans, lentils,
tofu or quorn

store cupboard

- herbs, spices, garlic powder
- stock cubes
- pepper
- oil
- sugar
- packet of cornflour
- flour
- custard powder
- pasta
- oats
- rice
- noodles
- couscous
- tomato puree
- lentils

ADD BITS AND PIECES
EVERY WEEK TO YOUR
WEEKLY SHOPPING TO
ADD TO YOUR STORE
CUPBOARD

Fills you up

Gives you
more energy

Bowl of cereal



Scrambled egg
on toast



Piece of fruit



Yoghurt tumblers

BREAKFAST

Tin of fruit



Toast and banana

Helps you get
ready for
the day ahead

Porridge



Boiled egg



Yogurt



Grilled bacon and tomato

how to make breakfast

Porridge

1/2 mug of rolled oats
1 mug of water or milk

1. heat all ingredients together in a small pot
2. bring to boil
3. lower heat and simmer for 5 minutes, stirring occasionally

You can make porridge in the microwave

Scrambled eggs

2 eggs
splash of milk
1 teaspoon of spread

1. crack eggs into a small microwavable bowl
2. add milk and mix together with a fork
3. add spread
4. put in microwave on a high setting for 1 minute
5. stir and repeat step 4 for two or three times until egg is starting to set and no liquid is left

Easy to make in the microwave

Boil an egg

1. put water in a small pot and add egg
2. bring to boil, then turn down heat and simmer for at least 3 minutes for a softer egg and up to ten minutes for hardboiled

Boil 2 extra eggs for a sandwich later

Yoghurt tumbles

1 yogurt, any flavour
2 or 3 spoons of cereal (any kind)
small handful of raisins

1. mix everything together

Use any fruit, fresh, frozen, tinned or dried

Have as a snack
or a quick lunch
or supper

Sandwich

Eggy bread



Sardines on toast

Beans on toast

Yoghurt with fruit

Bowl of cereal



QUICK SNACKS

Wrap it up

These will fill
you up better
than sweets

Cheese and
crackers



Toasted cheese
and tomato



Mackerel or
tuna pate



Piece of fruit

Quick Snacks Recipes

Wrap it up

Use a wrap or pitta bread
Fill with cold meat,
cheese or fish
Add some salad or
vegetables

Left over chilli, bolognese
or curry is great in a wrap

Mackerel or Tuna Pate

1 fillet of cooked, smoked
mackerel or small tin
of tuna
2 spoons of soft cheese
(any flavour)

1. remove skin from
mackerel fillet or drain
tuna
2. mash up fish and
cheese with a fork
3. eat with toast,
crackers, oatcakes or
as a dip with veggies

Toasted cheese and tomato

1 slice of bread
1 tomato sliced or
chopped
small piece of cheddar
cheese

1. slice or chop the
tomato
2. slice or grate cheese
3. grill one side of bread,
turnover and place
tomato on bread
4. put the cheese on top
and grill until golden
brown

Eggy Bread

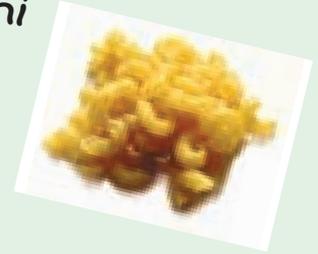
2 slices bread
1 egg
3 spoons milk
1 spoon oil

1. crack the egg into a
bowl, add milk and
whisk with a fork
2. heat the oil in a frying
pan on a medium heat
3. dip the bread into the
egg mix, turn over &
coat other side
4. put into frying pan,
when brown on the
bottom, turn & cook
other side



Spaghetti
bolognese

Macaroni
cheese



Home made burger

Vegetable
Fajitas

Sausage sizzle

Tomato Soup

QUICK AND EASY DINNERS



Sweet potato soup

Easy Pizza



Minestrone

Cheese & tomato pasta

Lentil soup

Leek & potato soup

Really Easy Enough for 1 or 2 people

Serve with your own home made salsa on page 12

Macaroni

1 mug of pasta
1 mug milk
2 teaspoons of cornflour
4 spoons of grated cheese

1. cook pasta as in page 11

Cheese sauce:

2. pour the milk into a jug, leaving a little milk in mug
3. heat the milk in jug in the microwave for 1 minute
4. add cornflour to leftover milk in mug and mix
5. pour the cornflour mix into heated milk and mix together really well
6. put back into microwave and cook for a further minute and then stir. The sauce should be thick and smooth
7. add grated cheese and stir until melted
8. add pasta to your cheese sauce and serve with grilled tomato

Cheese and Tomato Pasta

1 mug of dried pasta
1/2 tin of chopped tomatoes
2 spoons of grated cheese
pinch of mixed herbs

1. cook pasta as in page 11
2. drain and place back into pot
add the tomatoes and herbs and heat through.
3. stir in the grated cheese and serve

spice it up:
add some chilli

Easy Pizza

Base:
pitta bread, baguettes,
naan bread;
Spread:
tomato puree or chopped
tomatoes, sprinkle with mixed
herbs or spices;

Toppings:
pineapple, sweetcorn,
mushrooms, peppers or spring
onions; add cooked ham, tuna,
pepperoni or cooked chicken;
2 spoons of grated cheese

1. preheat the oven to 220°C/gas mark 7
2. spread chopped tomato or puree onto the base and sprinkle with herbs and spices
3. top with vegetables and a small amount of meat
4. sprinkle grated cheese on top
5. cook for about 10 minutes till cheese melted

Burgers

1 small onion
1 teaspoon mixed herbs
1 teaspoon garlic powder
200g / 8 oz mince (use beef,
pork, turkey, etc - whichever
you prefer)

1. peel and finely chop onion
2. mix all ingredients together using clean hands
3. divide mixture into 2 and roll into a ball and flatten with the palm of your hand
4. heat grill or frying pan and cook on each side for 5 minutes, over a medium heat. Make sure burgers are cooked all the way through. Push a knife gently into the burger and lean into the burger to check the juices are running clear
5. have in a roll with lettuce and tomato

more dinners to make

Make it meaty
add strips of
chicken or beef

for 2 to 3 people

Bolognaise

125g mince
1 onion
1 pepper
6 mushrooms
1 tin tomatoes
1 spoon tomato puree
1 stock cube
1 teaspoon of mixed herbs
1 teaspoon of garlic powder

Make it chilli!
Add 1/2 teaspoon
chilli powder and a
tin of beans, have
with rice

1. peel and chop the onion, chop pepper and remove white bits and seeds
2. finely chop mushrooms
3. fry the mince until browned
4. add the onion, pepper and mushrooms
5. add the tinned tomato and the rest of the ingredients
6. bring this to boil and let it simmer over a low heat for about 30-40 mins
7. have with pasta

Vegetable Fajitas

1 spoon of oil
1 onion
1 green pepper
1 red peppers
8 mushrooms
1/2 teaspoon of chilli powder
2 dessert spoons of tomato puree

1. chop or slice pepper, remove white bits and seeds
2. peel and chop onion
3. slice mushrooms
4. heat the oil and add vegetables to pan
5. fry on a medium to high heat for 2 or 3 minutes, turning the vegetables all the time
6. drain the kidney beans and add to pan
7. add tomato puree, chilli and garlic powder cook for a further 2 minutes
8. heat wraps as instructed on packet
assemble wraps with the vegetables, crème fraîche, salsa sauce, and lettuce

1 teaspoon of garlic powder
1 can of kidney beans
crème fraîche
salsa
lettuce

Sausage Sizzle

4 sausages
teaspoon of sunflower oil
1 pepper
1 onion (or 2-3 spring onions)
4 mushrooms
1 carrots sliced thinly (use a potato peeler)

1 clove of garlic (or 1/2 teaspoon of dried)
1 spoon tomato puree or ketchup
soy sauce (if you have any)

1. grill sausages to remove excess fat
2. chop or slice pepper, remove white bits and seeds
3. peel and chop onion
4. slice mushrooms
5. peel carrots and slice thinly (use a potato peeler for really thin slices)
6. heat oil in pan, add all the vegetables and cook on a high heat for 2 or 3 mins
7. add sausage
8. add garlic powder, tomato puree or ketchup and some soy sauce
9. cook for a further minute
10. stir through and have with rice, pasta, noodles, couscous or in wrap

Quick and easy soups to make

Tomato Soup

1 mug of water
1 stock cube
1 onion (chopped)
400g tin of tomatoes
teaspoon of garlic powder
a squeeze of tomato puree

1. peel and chop onion
2. put everything into a pot, bring to boil and simmer for 15-20 minutes

Make it minestrone by adding extra chopped vegetables, beans and add dried pasta 5 minutes before the end.

Lentil Soup

3 mugs water
1 stock cube
2 dessertspoons of lentils
1 small potato
1/2 mug of frozen mixed vegetables

1. put water into a medium sized pot and bring to boil
 2. add stock cube and the lentils and allow to boil for 5-10 minutes
 3. peel and chop the potato and add to the pan with the rest of the vegetables
- simmer for 30 minutes until vegetables are well cooked

you could use fresh chopped vegetables e.g. chopped carrot, turnip and leek

Leek and Potato Soup

3 mugs of water
1 stock cube
1 onion chopped
2 potatoes chopped
1 carrot chopped,
1 leeks sliced
1 teaspoon of mixed herbs

1. peel and chop the onion and potato
2. slice leek and wash in a sieve
3. put everything into a pot
4. bring to the boil and simmer for 30-40 minutes

Sweet Potato soup

3 mugs of boiling water
1 stock cube
1 large sweet potato
2 carrots
1 onion
1 teaspoon of garlic powder
1 teaspoon of paprika or
1/2 teaspoon of chilli

1. peel and chop all vegetables into large chunks
2. put the water and stock cube into a pot
3. add the chopped vegetables
4. simmer for 30 minutes or until vegetables are soft, add more water if needed

Have chunky or mash with a potato masher

How to cook

Boil water in kettle



Check the instructions on the packet for exact times.

Don't forget to wash your fruit and vegetables.

<h3>Rice</h3> 	1/2 mug per person	Cover with plenty of boiling water	Simmer over low heat for 15-20 minutes
<h3>Pasta</h3> 	1 mug per person	Cover with plenty of boiling water	Simmer on low heat for 8-10 minutes
<h3>Potatoes</h3> 	Peel and chop into even sized pieces	Add enough boiling water to just cover and use tight fitting lid	Simmer on low heat for 15-20 minutes
<h3>Vegetables</h3> 	Peel away any dirty skins, wash and cut into even sized pieces	Add enough boiling water to just cover and use tight fitting lid	Simmer on low heat for 5-10 minutes
<h3>Noodles</h3> 	1 block per person	Cover with boiling water and use tight fitting lid	Leave to stand for 5-10 minutes or boil for a couple of minutes

How to make

Potato Wedges

1-2 medium/large potatoes (or sweet potatoes) for each person
1-2 spoon of oil

1. preheat the oven to gas mark 7 or 220°C
2. cut the potatoes lengthways into 4-6 wedges
3. place in a tub, small pot with lid or food bags. add oil and give a good shake (you could add garlic, herbs or chilli powder at this stage)
5. place on a baking tray and cook in hot oven for about 30mins

Baked Potato

1 medium to large potato

In the microwave for a soft skin

- wash potato, prick with a fork and put in microwave for 6 – 8 minutes

In the oven for a crispy skin

- wash potato, prick with a fork and put in oven 200° or gas mark 8, bake for 45 mins – 1 hour

Make them quick

- part cook in microwave for 5 minutes, then finish in oven for 15 – 20 minutes

Salsa

1 tomato, finely chopped
1 inch of cucumber, finely chopped
1 spring onions finely sliced
1/2 red pepper (chopped)

mix everything together

Garlic Toast

1 thick slice of crusty bread or a roll split in half
1 teaspoon of margarine
about 1/2 teaspoon of garlic powder

mix garlic and margarine together, spread onto bread and toast under a grill until golden brown



Keep your smile
looking good

Bowl of cereal



Fruit crumble

Custard



Piece of fruit

SOMETHING SWEET

Tin of instant
custard

Rice pudding

Cut down on
sweets, sugary
and fizzy drinks

Yoghurt tumbles



Fruit scones



Flapjack

Recipes for sweet treats

try using frozen fruit or fresh e.g. apples, pears, forest fruits. Mix different combinations together

Custard

use an upside down glass to cut out

1 mug of milk
2 dessert spoons of custard powder
2 dessert spoons of sugar

1. mix a little milk, sugar and custard powder until smooth
2. heat milk for 1 minute in the microwave
3. add custard mix and mix thoroughly
4. then heat in the microwave for a further 1 minute until its thick and smooth

Fruity Scones

1 mug of self-raising flour.
1 dessertspoon of spread.
1/2 dessertspoon of sugar.
1/2 mug of milk.

1/2 finely chopped apple. (or 2 dessertspoonfuls of dried fruit, chopped banana, or strawberries).

1. Preheat oven to gas mark 7 or 220°C
2. chop spread into the flour and rub together using fingertips
3. stir in sugar and apple
4. add most of the milk and stir using a knife until it forms a soft dough
5. tip dough onto a floured surface pat dough with hands to flatten slightly
6. cut into rounds and put onto baking tray and bake for 10-15 minutes

Flapjacks

1/2 mug of rolled oats.
1 dessertspoon of margarine.
1 dessertspoon of sugar.
1 dessertspoon of golden syrup.
1 dessertspoon of raisins (optional).

1. preheat oven at gas mark 4 or 180°C
2. put margarine, sugar and syrup into a pot and heat gently until melted
3. add the oats and raisins, the mixture should become quite stiff
4. form into golf ball sizes and place on a tray and flatten slightly
5. cook in the oven for about 15 minutes until golden brown

Fruity Crumble Mix

1/2 tin of fruit (drained) e.g. peaches, pears.
4 dessertspoons plain flour.
1 dessertspoon of margarine.

2 dessertspoons rolled oats.
1 dessertspoon of coconut.
2 dessertspoons of sugar.

1. preheat the oven to gas mark 6 or 200°C
2. rub margarine into flour with fingers
3. stir in oats, coconut, and sugar then mix well together
4. lay the fruit in the bottom of a small ovenproof dish and sprinkle the crumble mix on top
5. cook in the oven for about 15 minutes until golden brown

What equipment do you need

Basic cooking equipment
(check out pound shops
for bargains)

- 1 small and 1 medium pot with lid
- 1 frying pan
- Chopping board
- Small sharp knife
- Medium-large sharp knife
- Tin opener
- Potato peeler
- Colander
- Wooden spoon (cooking spoon)
- Grater
- Fish slice
- Baking tray
- Serving or slotted spoon
- Oven proof dish
- Mixing bowl
- Mug

Always wash your hands before making food and after handling raw meat, chicken or fish.

Put left over food in fridge as soon as it has cooled down and use within 2 days. When you re-heat it, make sure it is hot enough to have steam coming off it.

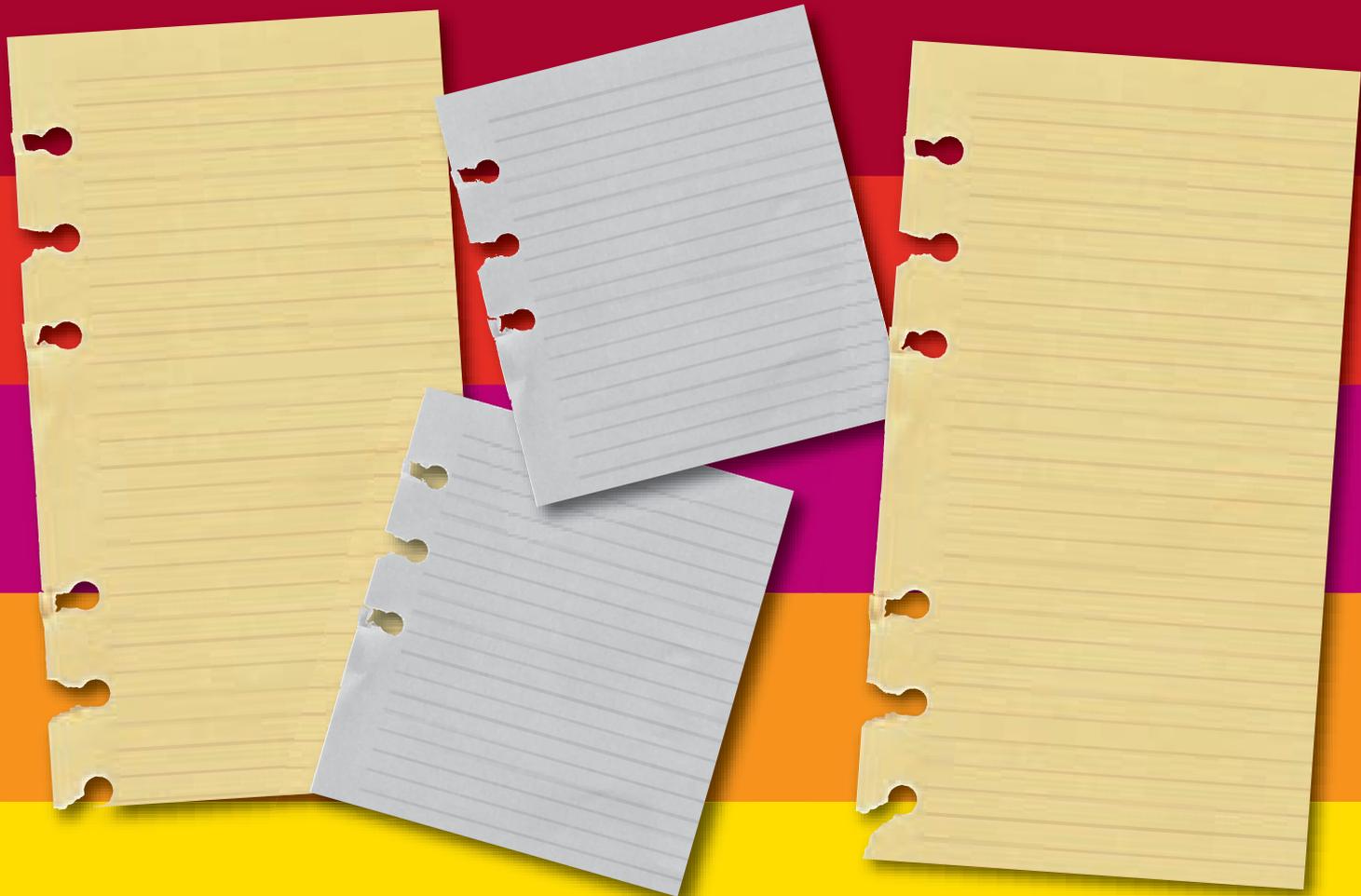
Store items such as milk, yoghurt, spread, cheese or meaty foods in fridge.

Try and keep a different chopping board for raw meat, chicken or fish. If you can't, wash it before you use it for anything else



put your own recipes/ideas



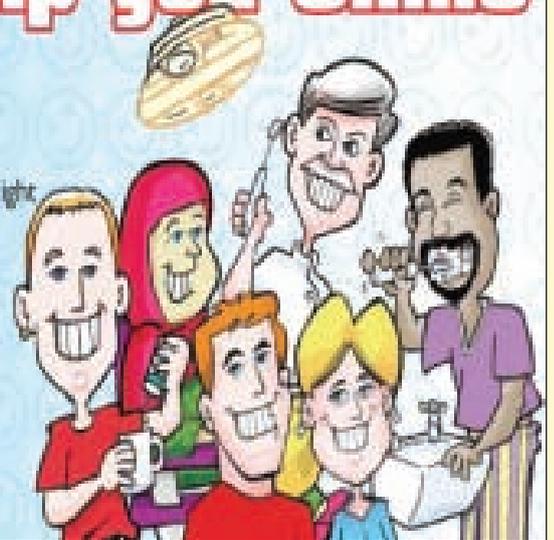


put your own recipes/ideas

Simple Steps to help you Smile

Tick the box when
you take a step

- 😊 I brush my teeth and gums in the morning and always before I go to bed at night
- 😊 I use a pea sized amount of toothpaste on a dry toothbrush
- 😊 I spit out the toothpaste after brushing, rinse my brush but not my mouth
- 😊 I choose water to drink between meals
- 😊 I cut down on how much and how often you I eat sugar
- 😊 I visit my Dentist regularly



Ask your support worker for your free toothbrush and toothpaste...

You can obtain the service of an interpreter or have this document translated in your own language by contacting the interpreting services on 0845 130 1170. These services are available free of charge.

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