

Food Parcel Meal Ideas

Stuck for ideas on what you can make with the ingredients in your food parcel? Look no further. Here we provide you with some basic but tasty meal ideas for breakfast, lunch, dinner, snacks and dessert using some of the **non-perishable** ingredients you might find in your food parcel. The scale to the right indicates certain meals, measurements and dietary requirements.

KEY

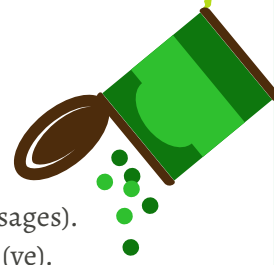
B: Breakfast S: Snacks Gf: Gluten free*
L: Lunch P: Pudding Tsp: Teaspoon
D: Dinner Ve: Vegan* Tbsp: Tablespoon

**please make sure you double check all your ingredients to ensure they meet your dietary requirements before consuming. Products can vary greatly between brands so always double check to be on the safe side.*

TINNED VEGETABLES

Mushrooms

- B: Drained and grilled, served with eggs of your choice (See 'Eggs') and brown toast (v).
- B: Drained and grilled, added to complete your full English breakfast (gf without toast, check sausages).
- D: Delicious added to pasta dishes. See homemade tomato sauce recipe under 'Tinned Tomatoes' (ve).
- D: Perfect addition to any stews or casserole.
- D: Mushroom Bolognese. Make one quantity of the tomato sauce recipe under 'Tinned Tomatoes', but add finely chopped tinned mushrooms (2 tins, or 450g fresh mushrooms - any type) along with the rest of the vegetables at the start. Serve with wholegrain pasta and a sprinkle of cheese (v, ve without cheese).



Carrots

- D: Perfect accompaniment to any meat or fish meal.
- D: Perfect addition to any stews, soup or casseroles.

Green beans

- D: Perfect accompaniment to any meat or fish meal.
- D: Delicious added to pasta dishes. See homemade tomato sauce recipe under 'Tinned Tomatoes' (ve).

Peas

- D: Perfect accompaniment to any meat or fish meal.
- D: Delicious added to rice or pasta dishes. See homemade tomato pasta sauce recipe under 'Tinned Tomatoes' (ve).

Sweetcorn

- L/D: Mix with half a tin of drained tuna and 1 tbsp of low-fat mayo for a tasty jacket potato filling (gf) or sandwich.
- D: Perfect accompaniment to any meat or fish meal.
- D: Delicious added to pasta dishes. See homemade tomato sauce recipe under 'Tinned Tomatoes' (ve).
- L: Corn, chickpea and mayo sandwich filling: Heat 1 tsp oil in a pan, then add 1 tsp mixed herbs, 1 diced garlic clove and 1 finely diced onion to a frying pan. Fry for 10-15 mins or until soft, then remove from heat and set aside. In a bowl, mash the onion mixture with a tin of drained sweetcorn, tin of drained chickpeas, black pepper (to taste) and 3 tbsp low-fat mayo (v). Save any leftovers in a sealed container in the fridge and consume within two days!

DID YOU KNOW?

Tinned, frozen and fresh fruit and vegetables all count as a portion. Try to aim for a variety and at least 5 portions every day!



TOP TIP: When cooking a meal, it can be useful to make extra portions and use for leftovers the next day. Cool leftovers as quickly as possible (within the hour) and store in the fridge in a sealed container. Consume within 2 days of making (1 day if the dish contains rice) and when reheating, ensure food is piping hot throughout before serving.

TINNED VEGETABLES (cont.)

Tomatoes

- B: Plum tinned tomatoes, warmed and served on two slices of brown toast (ve).
- L/D: Perfect for making your very own homemade tomato sauce to be served with pasta. Recipe to the right and some variations could include:
 - Adding fresh diced courgettes, aubergines, peppers or tinned mushrooms and/or sweetcorn would all work well (ve if no cheese is added).
 - Chunks of tinned or cooked meat, such as chicken or ham added is a tasty and filling addition.
 - Flaked tinned tuna, salmon, mackerel and sardines are also a delicious addition.

Spinach leaves

- B: Drained and added to a two-egg omlette (v, gf).
- B: Drained and added to scrambled egg (v, gf).
- D: Delicious added to pasta dishes. See homemade tomato sauce under 'Tinned Tomatoes' (ve).

Mushy Peas

- D: Perfect accompaniment to any meat or fish meal.



Homemade tomato sauce

Serves 4 (ve)

Prep time: 10m / Cook time: 45m

Chop 1 onion, along with 3 stalks of celery and 1 carrot into small chunks if you have them. Fry all together in a medium saucepan with 1 tbsp rapeseed or vegetable oil for 10-15 minutes on a low-medium heat until soft. Add 2 chopped garlic cloves and cook for another 2 minutes. Add 1 tin of tomatoes (chopped or plum - if plum, use spoon to break down when added to pan), and one tin of water. Add 1 tsp of sugar and half a tsp salt. Simmer on a low heat for 30 minutes and season with black pepper, to your taste. If available, add any dried herbs you have in stock – roughly around 2 teaspoons worth (mixed herbs, Italian herbs or even a pinch of chilli flakes would all work well). Any leftovers are perfect and easy option for tomorrow's lunch or dinner – see 'Top Tip' on the first page of this booklet for info on leftovers.

TINNED FRUIT

There are many different types of tasty tinned fruit available and most will work across the selection of meal ideas below. Some varieties you may receive include tinned peaches, mandarin segments, pineapple (chunks and rings), pear halves, apple slices, prunes, strawberries, grapefruit and more. You can also get tins of fruit salad which contains a selection of fruit. -

- B: Perfect topping on cereal or porridge - apple slices and mandarin segments are a tasty option (ve).
- B: Delicious served on top of yogurt - try strawberries or pineapple chunks (v, gf).
- S: Bowl of fruit, served with yogurt if available or on its own - a mixture of any fruit! (v, gf)
- P: Delicious swirled into rice pudding - chopped peaches or pear halves are a great choice.
- P: Fruit salad (ve, gf)



BAKED BEANS

- B: Baked beans on brown toast, topped with some grated cheese if available (v, ve without cheese).
- B: Perfect accompaniment to your full English breakfast to help boost the vegetable content!
- L/D: Delicious filling for your jacket potato (ve, gf - check beans label as brands can vary).
- D: Perfect served alongside slices of corned beef or tinned pork/ham and mashed potato (gf - check tinned meat).
- D: Vegetarian chilli. Fry diced veg including 1 onion, 3 stalks of celery and 2 carrots in 1 tsp oil for 10-15 mins. Add 2 tins of baked beans (800g total), and 1 tbsp smoked paprika, 1 tsp cumin or chilli flakes, 1 tbsp mixed herbs, ground pepper (to taste) and simmer for 20 mins. Serve with wholegrain rice or in a jacket potato (ve, gf - check beans label).



3 tablespoons
= 1 of your 5-a-day!



TOP TIP: If you have any leftover tinned food that you want to save for another meal, decant into a resealable, non-metallic container and store in the fridge, consuming within two days of opening.

TINNED PASTA

- L/D: Spaghetti hoops or strands on brown toast and eggs of your choice - see 'Eggs' (v).
- L/D: Spaghetti hoops or strands on brown toast with grilled fresh or tinned mushrooms and grated cheese (v).
- D: Serve alongside slices of corned beef or tinned pork/ham and boiled vegetables of your choice.

TINNED SOUP

- L: Soup with slices of brown bread with spread (v/ve depending on soup)
- L: Soup and a sandwich (any filling; cheese (v), ham, egg (v), tuna served on brown bread with sliced tomato, cucumber and/or salad) (v depending on soup and filling)
- D: Soup served with cheese and slices of fresh tomato or sliced tinned mushrooms on brown toast and grilled until melted and golden (v depending on soup)



TINNED PULSES AND LENTILS

- D/L: Lentil bolognese: Follow the recipe for homemade tomato sauce under 'Tinned Tomatoes' but add one tin of lentils (any kind) or 250g dried red lentils when the chopped tomatoes are added to the sauce. Continue the recipe as usual and serve with wholegrain pasta (ve). Add a sprinkle of cheese, if available (v).
- D/L: Vegetarian chilli: See recipe under 'Baked Beans' and replace baked beans with tins of mixed beans.
- D/L: Chickpea fried rice: Cook two portions of rice according to packet instructions. Heat 2 tbsp oil in a large frying pan and stir in 1 chopped onion, 1 garlic clove, 2 finely diced carrots and cook for 10-15 minutes. Add drained tin of chickpeas and a tin of drained sweetcorn, then cook for 2 more minutes. Spoon the cooked rice into frying pan, stir well and season with black pepper (to taste), 1 tsp mixed herbs and 1/2 tsp chilli flakes (optional). Serve with a sprinkle of soy sauce and or/lemon juice if available and desired (ve, gf without soy sauce).

TINNED FISH

Tuna (chunks or steak)

- L/D: Drain and mix with half a tin of drained sweetcorn or half a diced red onion with 1 tbsp of low-fat mayo for a tasty and filling for your jacket potato (gf) or sandwich.
- L/D: Add half a tin of drained tuna to a two-egg omelette, along with a handful of sweetcorn, diced red onion or chopped fresh tomatoes (gf).
- L/D: Delicious added to pasta sauce. See homemade tomato sauce recipe under 'Tinned Tomatoes'.

Sardines and mackerel

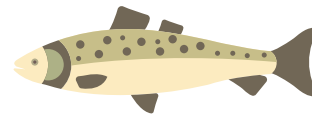
- L/D: Mix a tin of mackerel or sardines (plain) with 1 tbsp low-fat mayo, season with pepper (to taste) and spread across two slices of brown toast. Serve with a 150ml glass of orange juice.
- D: Add a tin of mackerel or sardines to a tomato pasta dish. See homemade tomato sauce recipe under 'Tinned Tomatoes'.
- D: Tinned mackerel or sardines served with boiled brown rice and boiled vegetables of your choice (carrots, peas, cabbage, broccoli etc.). Fresh salad could be served instead of boiled vegetables.
- L/D: Add half a tin of mackerel or sardines to a two-egg omelette. Add some fresh diced red onion or tomatoes or 2 tbsp of tinned sweetcorn or spinach (gf).
- D: Serve a tin of mackerel and sardines with mashed potato and served with boiled vegetables of your choice served on the side (gf)

DID YOU KNOW?

It is recommended that we eat at least two portions of fish every week, of which one should be oily - including sardines, mackerel and salmon. Tinned varieties of these fish are a quick and easy way to make sure we meet this!



TINNED FISH (cont.)



**FOOD
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Salmon (red or pink)

- L/D: Half a tin of salmon added to a two-egg omelette, along with 2 tbsp of sweetcorn, peas or chopped fresh tomatoes (gf).
- L/D: Delicious added to pasta sauce. See recipe under 'Tinned Tomatoes'.
- L: Sprinkle half a tin of salmon on brown bread, add 1 tbsp low-fat mayo and top with sliced fresh tomato for a tasty sandwich. Add some fresh salad leaves, if you have them in.
- L: Mix half a tin of salmon with 1 tbsp low-fat mayonnaise, black pepper (to taste) and spread on slices of brown toast. Serve with a 150ml glass of orange juice.
- D: Mix one tin of salmon with mashed potato (around 150g), add a tin of drained peas or sweetcorn, half a finely chopped onion and season black pepper (to taste). Form into small patties in your hand, roll in a little milk and then roll in breadcrumbs (grate any leftover or stale bread on a box grater). Fry in 1 tsp of oil for 10 minutes or bake in an oven (200C electric/180C fan) until golden. Serve with boiled vegetables of your choice or salad.
- D: Mix a tin of drained salmon with boiled brown rice and boiled carrots and peas. Season with black pepper (to taste) and serve with a wedge of fresh lemon, if available (gf).

TINNED MEAT

Corned beef

- L: Corned beef sandwich with sliced tomato and 1 tbsp of low-fat mayo, served on brown bread.
- D: Slices of corned beef with tinned new potatoes, instant or fresh mashed potato and boiled vegetables of your choice (gf - check label of corned beef and instant mash if using).
- D: Corned beef hash: Mix chunks of corned beef (1 tin) with made crushed tinned new potatoes (drained), a packet of instant or fresh mashed potato (around 250g). Add one diced onion, mix together and season with black pepper (to taste). Place in a baking dish and cover with sliced fresh tomatoes and sprinkle of cheese. Bake in the oven at 200C electric / 180C fan for 25 mins. Serve with half a tin of baked beans or boiled vegetables of your choice (gf - check label of corned beef, instant mash [if using] and baked beans).

Tinned ham, pork, chicken and turkey

- D: Sliced ham/chicken/turkey with half a tin of drained new potatoes, a packet of instant mash or fresh mashed potato (around 150g) served with boiled vegetables of your choice (gf - check label of tinned meat and instant mash).
- D: Chunks of meat added to a tomato pasta dish. See homemade tomato sauce recipe under 'Tinned Tomatoes'.
- L: Half a tin of sliced ham/pork and sliced tomato sandwich, served on brown bread. Add 1 tbsp low-fat mayo and/or mustard (any type) if available and desired.
- L: Chicken or turkey sandwich served on brown bread with salad leaves and 1 tbsp low-fat mayo.

PASTA, RICE AND NOODLES

Rice

- D: Boiled rice is a perfect addition to any meat or fish meal.
- D: Egg fried rice: cooked rice mixed with a selection of cooked veg (onions, peppers, carrots and cabbage all work well), with an egg added at the end and scrambled into the rice (gf, v).
- D: Savoury rice: Fry a selection of finely diced vegetables (carrots, celery, onion, peppers, cabbage, peas and sweetcorn are good options) together in 1 tsp oil and cook for 10-15 mins. Season with black pepper (to taste), half a tsp of salt and 1 tsp of mixed herbs then add two portions of cooked brown rice and combine. Either add a tin of drained chickpeas (ve), a tin of mackerel, sardines, tuna or salmon or chunks of tinned ham/pork/chicken/turkey (gf - check tinned meat if using). Keep the leftovers for tomorrow - check out the 'Top Tip' on the front page of this booklet for more information on storing leftovers safely.

DID YOU KNOW?

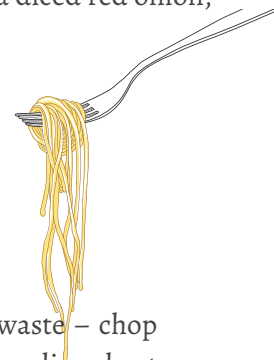
Around a third of what we eat should be carbohydrates, such as bread, pasta, rice and cereals. Try to consume wholegrain varieties as much as possible as they contain more fibre, which is important for our digestive system!



PASTA, RICE AND NOODLES (cont.)

Pasta

- L/D: Boil and serve with a quantity of homemade tomato sauce, or a jar of sauce, with vegetables such as tinned sweetcorn, peas, cooked onions and/or celery (ve). Add chunks of tinned meat or tinned fish if you prefer. Make enough for two portions and have for lunch the next day - see 'Top Tip' on the front page of this booklet for information on storing leftovers safely.
- L/D: Add a handful of leftover cooked pasta to a two-egg omelette, along with veg such as half a diced red onion, a handful of diced fresh tomato, half a tin of drained sweetcorn, spinach or mushrooms (v).
- L/D: Serve with a quantity of mushroom bolognese. See recipe under 'Tinned Mushrooms' (ve).
- L/D: Serve with a creamy garlic sauce made with 2 tbsp low fat cream cheese, 100ml water the pasta was cooked in (or 50ml boiling), 2 diced garlic cloves, pepper (to taste) and any cooked green vegetables (fresh, frozen or tinned) such as broccoli, peas and/or spinach (v). Add chunks of tinned or cooked chicken, turkey or ham/pork if you like.



Noodles

- L/D: Simple stir fry: a great way to use up any leftover veg in bottom of the fridge and avoid waste – chop into small chunks 1 onion, 1 garlic clove and 1 small chilli (or 1/2 tsp flakes) and fry in pan on a medium heat for 5 minutes. Add in any other veg you want to use up, chopped into small pieces. Mix 3 tbsp of peanut butter with warm water and stir to make a runny sauce, add in 3-4 tbsp on soy sauce if available. Pour sauce over veg and add in noodles. Fry for a further 6-8 minutes until noodles are soft (v). You can also add chunks of tinned chicken, turkey or ham/pork too if you like.

BOTTLED OR JAR OF SAUCE

Tomato pasta sauce

- L/D: Cook vegetables such as a diced onion, 3 stalks of celery, 2 red, yellow or green peppers and/or two courgettes in 1 tsp oil until soft. Add bottle of jar of tomato sauce and combined. You can also add half a tin of tinned veg such as sweetcorn, peas or spinach here too (v). Add chunks of tinned meat or any tinned fish if you prefer. Make enough for two portions so you can have some for lunch or dinner the next day. See 'Top Tip' on the front page of this booklet for information on storing leftovers safely.
- T: Place slices of tinned ham, pork, chicken or turkey in a baking dish and cover with half a bottle or jar of sauce. Sprinkle with cheese and black pepper (to taste) and bake for 15 minutes (200C electric/180C fan). Serve with tinned new potatoes, homemade mash or instant mash and boiled vegetables of your choice (gf - check sauce and instant mash if using).

Curry sauce

- D: Fry a finely diced onion in 1 tsp oil for 10-15 mins or until soft. Pour in the sauce, then add a tin of drained peas or 150g frozen peas and a tin of boiled new potatoes (drained). Simmer for 10 minutes until piping hot and serve with boiled brown rice (ve and gf depending on type of sauce - check the label).
- D: Fry a diced onion and red pepper in 1 tsp oil for 10-15 mins. Pour in the sauce, then add slices or chunks of tinned chicken (if using fresh, dice two breasts into small chunks and cook at the same time as onions) and simmer for 10 minutes until piping hot. Serve with boiled brown rice (gf depending on type of sauce). You could also serve cooked green beans, broccoli or cauliflower for an extra portion of veg if you like.

Chilli con carne sauce

- D: Make a vegetable chilli by adding a tin of baked beans to the sauce and/or a tin of red kidney beans, chickpeas or butter beans. Don't forget to add some tinned sweetcorn for a splash of colour and nutrients! Serve with boiled brown rice (ve, gf depending on type of sauce).



TOP TIP: Planning your meals can make it easier to prepare healthier, home-cooked meals and saves any last minute stress on what to make for dinner. Use these ideas and inspiration above to plan out your breakfast, lunch and dinner across the week.

Food Parcel Meal Ideas

**FOOD
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Stuck for ideas on what you can make with the ingredients in your food parcel? Look no further. Here we provide you with some basic but tasty meal ideas for breakfast, lunch, dinner, snacks and dessert using some of the **perishable** ingredients you might find in your food parcel. The scale to the right indicates certain meals, measurements and dietary requirements.

KEY

B: Breakfast S: Snacks Gf: Gluten free*
L: Lunch P: Pudding Tsp: Teaspoon
D: Dinner Ve: Vegan* Tbsp: Tablespoon

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FRESH VEGETABLES

Mushrooms

- B: Grill/microwave a handful and serve with eggs of your choice - see 'Eggs' (v).
- B: Grill/microwave a handful to complete your full English breakfast (gf without toast, check label of sausages).
- B/L: Slice half a packet of mushrooms and cook in 1 tsp oil for 5 minutes, with 1 clove of diced garlic added for the final minute. Season with pepper (to taste) and serve on brown toast.
- D: Delicious added to pasta dishes. See homemade tomato sauce recipe under 'Tinned Tomatoes' (ve).
- D: Perfect addition to any stews or casserole.
- D: Mushroom Bolognese: Make one quantity of the tomato sauce recipe under 'Tinned Tomatoes', adding a packet of finely diced mushrooms at the start along with the rest of the veg and continue with the recipe. Serve with boiled brown pasta (ve) and a sprinkle of cheese (v).



Carrots

- D: Perfect accompaniment to any meat or fish meal, cut into batons or rounds and boiled or steamed.
- D: Perfect addition to any stews or casseroles.
- S: Raw carrot cut into sticks makes for a quick and healthy snack (gf, ve).

Green beans

- D: Perfect accompaniment to any meat or fish meal, boiled or steamed.
- D: Delicious added to pasta dishes. See homemade tomato sauce recipe under 'Tinned Tomatoes' (ve).

Onions (red or white)

- D: A great base for any sauce, stew, casserole or soup, diced into small chunks and fried in 1 tsp of oil for about 10 minutes until softened.
- D: Slice one onion and cook in 1 tsp of oil on a low heat for 20 mins, stirring frequently and add to gravy.
- L: Finely dice 1/4 of an onion and mix with grated cheese, 1 tbsp low-fat mayo and some ground black pepper (to taste) for a tasty sandwich filling (v). Add salad leaves, tomato or cucumber if you like.

Cabbage

- D: Perfect accompaniment to any meat or fish meal.
- D: Boiled and finely chopped, then mixed into mashed potato (v, gf if homemade, otherwise check label).

DID YOU KNOW?

Portion sizes that count towards your five-a-day are typically 80g. A rough estimate is approximately a handful, so try to use this as a guide when adding fruit and veg to your meals!



TOP TIP: If you have any leftover fresh vegetables that are past their best, making a soup is a great way to use them up, reduce your food waste and make a healthy and tasty lunch or dinner at the same time. All you need is some stock cubes, seasoning and a blender/food processor (if you like your soup smooth)

FRESH VEGETABLES (cont.)

Celery

- D: Delicious added to pasta dishes. See homemade tomato sauce recipe under 'Tinned Tomatoes' (ve).
- L: Finely slice 2 stalks of celery and mix with grated cheese and 1 tbsp low-fat mayo. Serve on brown bread for a tasty sandwich (v)
- S: Celery sticks filled with grated cheese (v, gf).
- D: A great addition to stews and casseroles.
- L/D: Celery soup - see right for recipe! (v)

Spinach

- B: Add a handful to a two-egg omelette (v, gf).
- B: Place a handful on a slice of brown toast and top with scrambled egg (v)
- D: Delicious added to pasta. See homemade tomato sauce recipe under 'Tinned Tomatoes' (ve).

Tomatoes

- B: Cover two slices of brown toast with sliced tomatoes and season with a touch of salt and pepper (ve).
- L: Slices added to sandwiches including egg mayonnaise (v), cheese (v) and ham.
- L/D: A great addition to any salad.

Broccoli and cauliflower

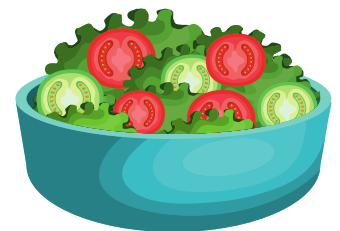
- D: Perfect accompaniment to any meat or fish meal, cut into stems and boiled or steamed.
- D: Perfect addition to any stews or casseroles.
- D: For an extra tasty side dish, boil a head of cauliflower, broccoli (or a mixture of both) for 5-7 mins until cooked and place in an ovenproof dish, top with grated cheese and bake for 15 mins at 200C electric/180C fan until golden (v, gf).

Lettuce and salad leaves

- D: Washed and served as accompaniment to any meat or fish meal. Add any sliced red onion, tomato, cucumber and/or peppers if you like (gf).
- D: Add slices of tinned or fresh chicken or ham/pork and/or one or two boiled eggs along with sliced red onion, tomato, cucumber and/or peppers if you like (gf - check label of meat).
- L: Great addition to any sandwich filling.

Cucumber

- D: Great addition to any salad.
- L: For a tasty sandwich, thinly slice 5cm of cucumber, grate cheddar and serve on brown bread with a tbsp of low-fat mayo (v). Add salad leaves, if you like.
- S: Sliced into sticks is a quick and tasty snack to keep you going until dinner time! (ve, gf)



Red, yellow and green peppers

- D: Great addition to any salad.
- L/D: Delicious added to pasta dishes. See homemade tomato sauce recipe under 'Tinned Tomatoes' (ve).
- S: Sliced into sticks is a quick and tasty snack to keep you going until dinner time! (ve, gf)

Garlic

- D: A great base for any sauce, soup, noodle or rice dish, diced into small chunks and fried on a low heat in 1 tsp oil for about 2 minutes until softened. Make sure you cook on a low heat otherwise it will burn and taste bitter.

Ginger

- S: Sliced and placed in a mug with some boiling water and lemon for a soothing and comforting drink (ve, gf).
- L/D: Peel off the skin and grate into stir fry or rice dishes.



Homemade celery soup

Serves 4-6 (v)

Prep time: 15m / Cook time: 40m

Chop up a whole head of celery into medium chunks (leaves included), dice 2 garlic cloves and dice one medium sized potato into small chunks and fry in 1 tbsp oil. Cook on a medium heat for 15-20 minutes, stirring frequently to ensure the veg doesn't burn. Add 500ml vegetable stock, bring to the boil and then reduce to a simmer for another 20 minutes, or until all the vegetables are soft. Blend with a hand blender or a food processor until smooth, add 100ml milk, season with pepper and blitz for a further minute. Serve with brown bread. Leftovers can be kept in a sealed container in the fridge for up to 2 days, perfect for lunch the next day, or freeze for up to 3 months. When you want to get the soup out of the freezer, defrost overnight in the fridge and reheat the soup thoroughly before serving.

FRESH FRUIT

There are many different types of fresh fruit available and most will work across the selection of meal ideas below. You may receive apples, oranges, bananas, plums, strawberries, grapes, blueberries, raspberries and more.

- B: Perfect topping on cereal or porridge - sliced bananas and blueberries are tasty options (ve).
- B: Delicious served on top of yogurt - try strawberries or raspberries (v, gf)
- S: Bowl of fruit, served with yogurt if available or on its own - a mixture of anything you have got! (v, gf)
- S: Whole fruit is a filling snack - try an orange or apple (ve, gf)
- P: Delicious swirled into rice pudding - sliced plums and pears are a great choice (v)
- P: Fruit salad - dice up any fresh fruit you have, apples, plums, bananas and mix with grapes, strawberries, raspberries - whatever you have going spare! (ve, gf)



EGGS

- B: Eggs of your choice on wholemeal toast/soldiers. Serve with a 150ml glass of orange juice for one of your five-a-day (v).
- B/L: Two-egg omelette (add in handful of diced fresh tomatoes, fresh or tinned spinach, or fresh or tinned mushrooms for one of your five-a-day) (v, gf).
- B: Eggy bread (made with two eggs and brown bread). Serve with a 150ml glass of orange juice for one of your 5-a-day (v).
- L: Sliced boiled egg and tomato sandwich served on brown bread (v).
- L: Mix two boiled eggs, black pepper (to taste) and 1 tbsp low-fat mayo. Serve between two slices of brown bread and sliced tomato, cucumber and/or salad (v).
- S: Boiled egg as a tasty and filling snack (v, gf).

A note on eggs

Eggs can be enjoyed as part of a healthy, balanced diet, but it's best to cook them without adding salt or fat. The healthiest way to cook eggs are:

- boiled or poached, without added salt
- scrambled without butter and using low-fat milk instead of cream
- Whilst frying eggs can be quick and easy, this can increase the fat content.

CHEESE

- B/L: Brown toast topped with a couple of sliced tomatoes and/or a handful of diced tinned/fresh mushrooms and grated cheese sprinkled on top. Grill in a hot oven until the cheese has melted (v).
- S: 2-3 slices of cheese for tasty snack (v, gf).
- L: Cheese and sliced fresh tomato sandwich, served on brown bread with 1 tbsp low-fat mayo (v).
- L: Cheese and onion sandwich, see 'Onions'. Serve with a piece of fruit (v).
- L: Cheese and cucumber or salad sandwich, served on brown bread with 1 tbsp low-fat mayo (v).
- L/D: Delicious thrown into omelettes (gf) or sprinkled on any pasta dish.
- P: 2-3 slices of cheese, a couple of wholegrain crackers and sliced tomato, cucumber, celery, grapes and/or any chutney or pickle for a DIY cheeseboard (v).



YOGURT

- B: Add 125g (4 tablespoons) of yogurt from a large pot, or one single individual pot, to a bowl and add a portion of fruit that you have handy - strawberries, blueberries and raspberries are a great choice (v, gf).
- B: Add one or two tablespoons on top of your cereal or porridge, along with any fresh fruit.
- S: An individual pot of yogurt is a tasty and filling snack in between meals (v, gf).



TOP TIP: Some types of fruit can be frozen. If you have any bananas that are going brown, slice them up and place in a bag in the freezer for up to 3 months. You can get these out and use a topping for your cereal, porridge or yogurt later.

Food Parcel Meal Ideas



**FOOD
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FAQs

Have a question about the contents of your food parcel, how to store certain ingredients, how much of certain types of food you should be eating or specific dietary requirements? Look no further. Below we have tried to answer common questions relating to food, cooking, storage and more.

HEALTHY EATING

How can I get my five portions of fruit and veg a day?

Getting your five-a-day through your food parcel doesn't have to be difficult. Below are some tips and ideas on how to boost the fruit and veg content of your meals and snacks across the day, to help you reach five portions.

- Feeling peckish? A portion of fruit, such as an orange, apple, pear or bowl of tinned fruit is an ideal snack to keep you going until to your next meal.
- Carrot, cucumber and celery sticks are also a tasty and healthy snack.
- Only 30g of dried fruit counts as one of your five-a-day, as it contains lots of sugar. Try to consume at mealtimes to reduce the risk of tooth decay.
- Only 150ml unsweetened fruit juice counts towards one of your-five-a-day, as it contains lots of sugar. Try to consume at mealtimes to reduce the risk of tooth decay.
- We all like pudding – and whilst many puddings can be high in sugar or fat, you can make them more nutritious by adding a portion of fresh, tinned or frozen fruit. Tinned peach slices are delicious swirled into rice pudding.
- Try to include at least one portion of fruit or vegetables in each meal – that way you are way over halfway to meeting your five-a-day. Here are some ideas:

Breakfast: Add a 150ml glass of orange juice, portion of baked beans or some mushrooms and tomatoes to your dish.

Lunch: Soup is an easy way to consume a portion of vegetables, but you can also add salad, cucumber, sliced tomato and/or sliced celery to your sandwich too. A portion of fruit with your lunch is also an easy way to incorporate more fruit into your meals.

Dinner: Try to always serve a portion of vegetables whether it be fresh, frozen or tinned with every evening meal. Stews, soups, casseroles and tomato pasta sauces are a great way to incorporate lots of vegetables and use up any odd ends you have in the fridge, adding other flavours and textures, not to mention help you on your way towards your five-a-day.

I prefer white bread, rice and pasta. Why are brown versions better for me?

Wholegrain varieties contain more fibre, and usually more vitamins and minerals than white varieties, they also keep you fuller for longer. You can mix half white pasta with half brown pasta to start if you don't like the taste or texture, however many people say they can't tell the difference most of the time. You can't do this for rice as brown rice usually takes longer than white rice to cook, but perhaps try swapping to brown - you may even prefer it.

What drinks are good options for me?

It's easy to overlook, but choosing healthier drinks is a key part of getting a balanced diet. Many soft drinks, such as fizzy pop, juices and instant powdered drinks are high in sugar which, if consumed regularly, can be bad for our teeth and cause us to consume too many calories. Keeping hydrated is essential for bodily functions and can help to control our appetite. We should aim to drink 6 to 8 glasses of fluid a day. Tap water, low fat milk and sugar-free drinks, including tea and coffee, all count.

Why should I eat pulses and lentils?

Pulses, such as beans and peas and lentils are some of the cheapest foods on the supermarket shelf. These pulses are low in calories and fat but packed with fibre, vitamins and minerals, and also count towards your 5-a-day. Use them in dishes to replace some of the chicken or meat, such as a chilli con carne with kidney beans or a chicken curry with chickpeas. White beans such as butter beans or cannellini beans also make a great alternative to mashed potato.

KEEPING MEALS INTERESTING

I am getting bored of eating the same meals. What can I do to spice things up?

If you have herbs and spices in the cupboard then now is a great time to start using them a little more. Start by adding herbs to stews and tomato based sauces, you can add spices such as cumin, paprika and chilli powder to make a tasty alternative to serve with pasta or rice. Jazz up baked beans with a sprinkle of curry or chilli powder, or with a grating of cheese. As a rule of thumb, try not to eat the same meal more than once or twice a week - try and mix things up, even if it's adding sliced cucumber to your sandwich instead of tomato. Every little helps!

Try different ways of cooking your ingredients, if you have the equipment available. Try roasting vegetables rather than boiling them, you could even try a tray bake with a portion of meat, potatoes and vegetables tossed in some oil and cooked in the oven. Adding salad to a sandwich can really make a difference to the taste and texture, and trying a different type of pasta with your meal can also provide variety.

You can also look for more meal ideas and inspiration online. BBC Good Food has a great selection of tried-and-tested recipes to suit a range of taste, budget and ability. Take a look through any old magazines or papers lying about which may also have some recipes under the Lifestyle section.

LEFTOVERS AND FOOD WASTE

I only cook for myself and have a small appetite. Is there much point in cooking a meal?

Don't be worried about cooking too much food and it going to waste. You can always use any leftovers for meals the next day and this will make a quick and easy lunch or dinner option for you to choose. Store any leftovers in a resealable container for up to two days in the fridge, and when reheating ensure the food is piping hot before serving. You can store any leftover tinned food in the fridge ready to be used for another meal – just make sure you transfer into a resealable container or bowl and cover with clingfilm, foil or a plate and make sure you consume within two days.

What can I do to stop throwing away fresh ingredients that I haven't used?

Some fresh vegetables can be easily frozen and stored in the freezer until you need them next, if you have access to one. Hardy vegetables like carrots, green beans, broccoli and cauliflower freeze well for up to 2 months and can be boiled straight from frozen. You can also freeze some types of fruit and use to make a smoothie or a tasty topping for your cereal or yogurt at a later date. For example, browning bananas can be sliced, stored in a zip lock bag and frozen for up to 2 months. Leave out to defrost for 15 minutes and top with your cereal, porridge or yogurt, or blend with skimmed or semi skimmed milk to create a nutritious smoothie.

GROW YOUR OWN!

I'd like to start growing some vegetables, but I don't have a garden. What can I do?

You don't need to have a lush green garden to grow your own produce. A little bit of space on a window sill will work just fine for small things like herbs, lettuce and cress, and you can grow smaller veg like tomatoes in plant pots in the kitchen. If you do you have room for planting outside on your balcony however, a hanging basket can give you above-ground growing space. Either way, growing your own produce can be a satisfying, handy and cost-effective way of always making sure you have fruit, vegetables and/or herbs to hand, which can be used for all different types of meals and snacks. Flowers can also be grown too, which can help to brighten up the room.

If you're growing indoors, you'll just need some appropriate pots, seeds and good quality soil, but that really is about it. There are lots of great veg you can grow on your window sill including herbs (basil, parsley, chives and more), salad leaves, chillies, peppers, celery, tomatoes, onions and much more. Choose your windowsill that gets the most sun - ideally around 5 hours a day, but be careful not to overcrowd.