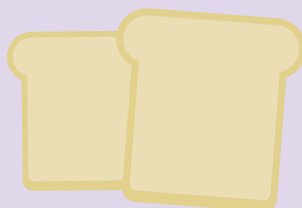
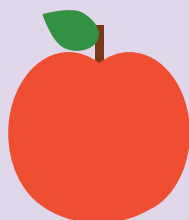




# Eating Well Affordably

A booklet to help you  
eat well on a budget



# Contents

Introduction.....	3
Foods to keep in your store cupboard.....	4
Tips and suggestions for easy meals and cooking on a budget.....	5
Cooking if you live on your own.....	7
Signposting and additional support.....	9
Recipes.....	11
1. Breakfast, brunch or lunch.....	11
2. Teatime meals and suppers.....	17
3. Dreamy desserts and cakes.....	22
4. Our favourite day centre smoothies and nourishing drinks.....	26
Further information and support.....	27

In this booklet you will also find some simple and affordable recipes, tried and tested by our staff, volunteers and clients. Handy tips are added to help you think about storage, batch cooking and where you can get more from your diet by adding extra nutrition.

We have included a brief range of recipes to offer some ideas and inspiration. You may find further ideas in the following resources:

- **Eat, Drink, Live Well booklet** – a booklet of tips for people who need to gain weight or improve their appetite
- **Food First Recipes** – tasty recipes designed to help get extra calories for people who need to gain weight
- **Meal and Snack Ideas from a Range of Cultures** – recipes and ideas from a range of cultures
- **Store Cupboard Recipes** – tasty and simple recipes for anyone based on ingredients you are likely to keep in your cupboard

These can all be accessed at:

[www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/our-resources](http://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/our-resources)

**Vegetarian for Life** – recipes for older adults who may be cooking on a budget.

This can be accessed at:

[www.vegetarianforlife.org.uk/resources/publications/cooking-on-a-budget](http://www.vegetarianforlife.org.uk/resources/publications/cooking-on-a-budget)

# Introduction

If you are on a limited budget you are not alone. Many people are finding it hard to make ends meet and cannot always afford to have balanced meals on a regular basis.

This booklet will help you to plan, budget, shop, prepare food and access support to enjoy food and eat and drink well.

Eating well does not necessarily have to cost more, there are lots of simple tips that can help to save money such as:

- writing a shopping list
- using up leftovers
- buying frozen food
- using cheaper or supermarket own brands
- cooking from scratch
- using more vegetables or pulses (beans, peas and lentils) to make meals go further
- shopping during the 'happy hour' or the end of the day

You will find further ideas and recipe suggestions throughout this booklet.

If you have a poor appetite or are concerned about your weight check out the tips in the Eat, Drink, Live Well booklet.



# Foods to keep in your store cupboard



It is a good idea to have a stock of food at home to provide basic cooking ingredients if you cannot get out because of illness or bad weather.

**Check now and again to make sure everything is still in date, use your supplies in date order and if you use something, replace it with a new one.**

- Vegetable oil or olive oil for frying and roasting, salad dressings.
- Soy sauce – for stir-fries and for adding a salty flavour.
- Tomato puree or chopped tomatoes – for pizzas, pasta sauces, lasagne... the list of uses is endless. Once opened, keep in the fridge.
- Dried spices and mixed herbs – curry powder, dried chillies, turmeric, paprika, basil, thyme & rosemary.
- Rice or pasta this is a cheap, basic food that will fill you up. Try brown varieties – it's better for you and has more flavour but it does take longer to cook.
- Lentils – a good standby for soups and casseroles.
- Stock cubes – keep a supply of your choice, stock cubes are useful for soups, sauces etc. – look out for reduced salt versions.

**For more ideas see the Eat, Drink, Live Well booklet**

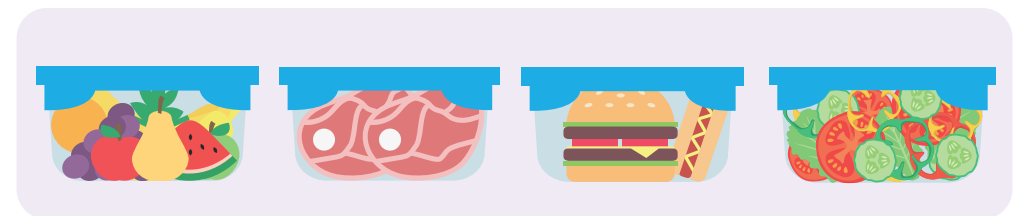
# Tips and suggestions for easy meals and cooking on a budget<sup>1</sup>

The following ideas could help you cut down on your spending whilst still enjoying a healthy, balanced meal.

- **Stick to simple recipes.** Avoid recipes with lots of different ingredients that you may not use up. Some recipes have few ingredients and can be prepared in a few minutes. See some suggestions at the back of this booklet.
- **Take your time in the shop.** Check 'special offers' these are not always the best value, it is useful to look at the prices. The supermarket shelf will be labelled with the price per 100g of a food – you can check whether a pack of three is cheaper than buying three items individually. If you have access to the internet, visit: [www.moneysavingexpert.com](http://www.moneysavingexpert.com) for ideas to help you cut costs.
- **Plan ahead.** Make a list of what you would like to eat for the coming week and try not to buy-in to offers for items which are not on your list.
- **Freeze food in batches.** Label and freeze leftovers or extra food in batches so you can take out what you need.

<sup>1</sup> We would like to acknowledge and thank Eat Well Age Well Scotland for allowing us to use and adapt the content from their publication 'Eat Well A Guide for Older People in Scotland' in developing this section of the resource [www.eatwellagewell.org.uk](http://www.eatwellagewell.org.uk)

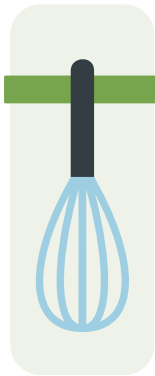
- **Try using a slow cooker.** These are simple to use and can help cut costs. It's a good idea to make a batch, leave to cool and then freeze for future meals. Slow cookers use less energy than an oven saving you money on your fuel bill. See the BBC website for slow cooker recipes [www.bbcgoodfood.com/recipes/collection/slow-cooker](http://www.bbcgoodfood.com/recipes/collection/slow-cooker)
- **Try to cut down on food waste.** We waste millions of tonnes of food every year, much of this is edible. Saving food means saving money and reducing food waste is good for the planet, as it helps slow down global warming. See the Love Food Hate Waste website for more information, tips and recipes: [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)
- **Freeze food.** Many foods such as crumpets or a slice of bread can be kept in the freezer and popped into your toaster when you need them. Frozen, fruit and vegetables can be taken out, using as much as required, without waste. Supermarkets stock ready meals which can also be frozen and used when needed.
- **Bulk meals up.** Use foods that can be kept in your store cupboard or you can buy cheaply to add to a meal. Try adding chickpeas, fresh vegetables or beans to a soup or a salad. Beans are packed with nutrients, such as fibre and antioxidants and they will also help to fill you up.



# Cooking if you live on your own

**Cooking for just one may not be very appealing. But cooking for yourself can be a good hobby and you can make meals you enjoy.**

- Try something simple to begin with.
- Some local services run cookery classes as part of their adult education courses or community learning initiatives.
- Get in touch with your local Age UK or CVS to find out what is available.



**Assistance with cooking:** For many reasons, a lot of people find it difficult to cook. This may be because of a disability, illness or lack of motivation. There are lots of services that can help if you need it.

- Ask your local social work department to do an assessment to decide what you may need help with day-to-day.
- Find out about equipment that may help with meal preparation and cooking from the Disabled Living Foundation website [asksara.livingmadeeasy.org.uk](http://asksara.livingmadeeasy.org.uk)

**Buying your food:** If you cannot get to the shops you may feel less in control of the food you eat, to help with this you could:

- Contact your local social work department and ask for a 'care needs assessment' – some councils provide a shopping and delivery service.
- Find out if there is a shopping and cleaning offer or a service to take you to the shops from your local Age UK.
- If you have access to the internet, supermarkets offer an online order service for home delivery. Ask a family member or friend to help or put in an order for you if needed.
- When making a list for someone else, be specific about the brands or type of food items you are requesting to ensure you get exactly what you want and avoid waste.
- There are plenty of companies who deliver frozen meals to your home. See the following section for further information.
- Consider getting your milk delivered to your home. Find out if you have a milk delivery service by speaking to the Dairy Council UK on **020 7405 1484** or visit [www.findmeamilkman.net](http://www.findmeamilkman.net) Some companies also deliver eggs, cheese, bread and more.

**If you have a carer:** You may have a carer that comes in to your home to help you with food it is important they do this properly. They should fulfil your special dietary needs and if needed cook, defrost, heat (or re-heat) pre-prepared foods such as ready meals. For further information on homecare and how to find the homecare you need visit [www.ageuk.org.uk/information-advice/care/arranging-care/homecare](http://www.ageuk.org.uk/information-advice/care/arranging-care/homecare) or contact your local Age UK.



# Signposting and additional support

Financial support available through entitlements can help some people to increase their income and support the cost of daily living expenses. Age UK national along with local Age UKs, can help older people to find out about and claim the benefits they're entitled to, such as Carer's Allowance, Attendance Allowance and Pension Credit.

If you do need advice or information please contact Age UK on **0800 169 6565** or visit [www.ageuk.org.uk/services/information-advice](http://www.ageuk.org.uk/services/information-advice)

**Meals at Home:** If you find it easier to get your meals made and delivered by someone else, get in touch with one of the services opposite.

- 1. I Care:** Provides a delivery of hot and frozen meals. Regular visits to customers by meals service delivery staff can also offer a means of keeping in touch. Call **0845 604 1125** or visit the website for more information [www.icarecuisine.co.uk/meals](http://www.icarecuisine.co.uk/meals)
- 2. Oakhouse Foods:** Ready meals and groceries delivered to your home. Call **0333 370 6700** or visit the website to request a brochure or order online [www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk)
- 3. Wiltshire Farm Foods:** Over 300 delicious frozen meals and desserts, prepared by award-winning chefs and delivered nationwide. Visit the website, request a brochure or order online. Call **0800 077 3100** or visit [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)
- 4. Parsley Box:** Cupboard stored meals delivered straight to your door and ready to eat within minutes. Delivery to anywhere in the UK next working day. Call **0800 612 7225** or visit [www.parsleybox.com](http://www.parsleybox.com)

**Food Banks and Food Co-operatives:** You may find yourself needing extra help with purchasing food, food banks can help in a short-term crisis, whereas food cooperatives may offer longer term support. Some foodbanks or food cooperatives may need a referral or may have conditions of use.

For information on food banks in your area see the back of this booklet or visit the webpage:

[www.greatertogethermanchester.org/find-support/food-banks](http://www.greatertogethermanchester.org/find-support/food-banks)

**Social Eating:** Eating with others can help you eat better if your appetite is low. It also gives you a place to chat socialise and enjoy food in company. Try sharing a meal with family, friends or carers. Coffee mornings and lunch clubs can offer a place to chat and make new friends whilst providing a value for money, nourishing one or two course meal!

Your local Age UK may be able to connect you with luncheon clubs, coffee mornings or afternoon teas at a variety of venues in your local area.

# 1. Breakfast, brunch or lunch!

## Annie's Tasty Egggy Bread

Serves 1-2. A simple, quick recipe that can be served as a snack, savoury course or pudding.

### Ingredients:

- 2 medium eggs
- 1 tbsp milk
- 2 slices of white or brown bread
- 1 tbsp butter

### Method:

1. Crack the eggs into a shallow bowl, add the milk, and lightly beat. Season with a little salt and pepper if desired.
2. Dip each slice of bread into the egg mixture and soak up all of the liquid.
3. Heat a frying pan over a medium heat and add the butter to melt.
4. Swirl the butter around the pan, when it's beginning to foam, add the bread and fry on each side for 1 min or until golden brown.



5. Transfer to a plate and serve with a topping of your choice for example, crispy bacon, baked beans, fried tomatoes or fruit compote.

### Tips:

1. Frozen fruit is another good, nutritious store cupboard item, you can defrost as much or as little as you need.
2. Baked beans are a good source of protein and can count towards 1 of your 5 a day.
3. Use whole milk or milk made up with skimmed milk powder for extra calories.

## Welsh Rarebit Grandma's Way

Serves 1. True comfort food that takes less than 10 minutes to make.

### Ingredients

- 40g / 1.5 oz cheddar cheese
- 100ml / 3-3.5 fl. oz milk
- ½ tsp dijon mustard or english mustard (optional)
- 2 slices of bread
- 1 egg

### Method:

1. Grate or cut the cheese into small pieces, add to a pan with the milk and mustard, place on the hob.
2. Warm on a low heat, do not boil, and stir continuously with a wooden spoon until melted and blended.
3. Toast two slices of bread.
4. When the cheese mixture is smooth and the cheese is melted, add the egg and stir it in well.
5. Either add as a topping to the toast, or serve the mixture in a dish with toast soldiers for dipping.



### Tips:

1. It's important not to let the mixture boil as it will separate, but don't worry if this happens – it won't spoil the flavour, it is still delicious and nourishing!
2. Use whole milk and full fat cheese to add extra calories.
3. Add milk powder to your milk, for extra fortification.



# Avocado & Poached Egg on Toast

Serves 1.

## Ingredients:

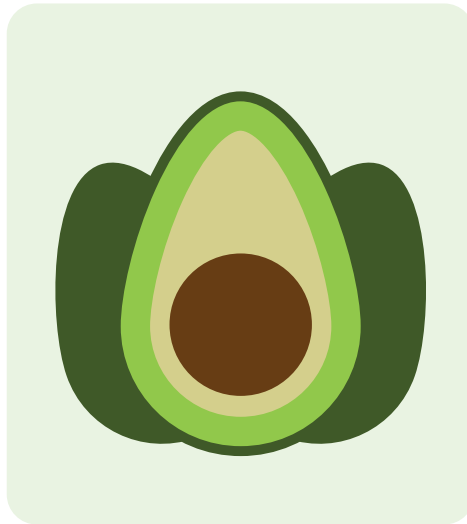
- 1-2 slices of toasted bread
- 1 egg
- ½ avocado

## Method:

1. Fill a saucepan with about 3 inches (8 cm) of water. Heat until the water simmers gently.
2. Break the cold egg into a small dish or saucer. Holding the dish just above the simmering water, gently slip the egg into the water.
3. Cook in barely simmering water until the white is set and the yolk is cooked as desired, 3-5 mins.
4. Peel, core and slice the avocado, and layer onto the toasted bread.
5. Remove egg from the water, drain well and serve on top of the avocado.

## Tips:

1. Add a sprinkle of paprika or pepper to season.
2. As an alternative serve on a toasted breakfast muffin.



# Sweet Honey Apple Toast

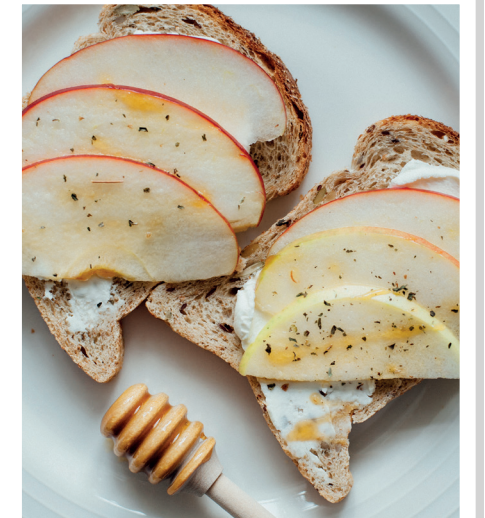
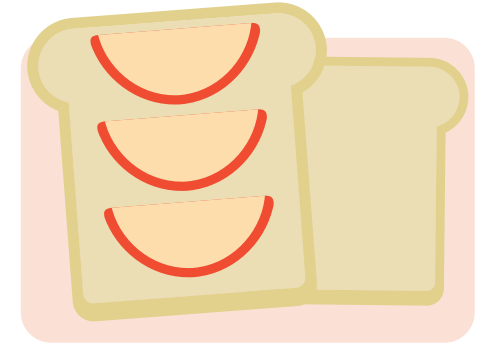
Serves 1.

## Ingredients:

- Toasted bread
- Sliced apple
- Honey
- Soft cheese

## Method:

1. Toast 1 or 2 pieces of wholegrain bread (use white if preferred).
2. Layer with a spread of soft cream cheese and sliced apple.
3. Drizzle with honey to serve.





# Gaynor's Garlic Cream Cheese and Courgette Soup

Serves 2-3. This is a simple soup recipe; extra portions can be cooled and frozen.

## Ingredients:

- 1 finely chopped onion
- 2 chopped garlic cloves (optional)
- 2 courgettes, skins on, in chunks.
- Garlic cream cheese or similar, you can also use plain cream cheese.

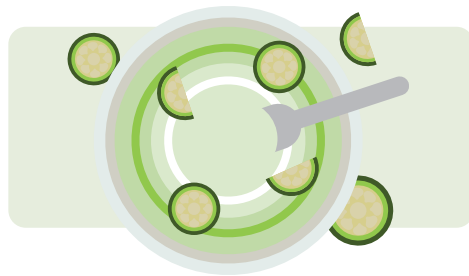
*Any stock cube (vegetable, chicken, beef etc.) dissolved in boiling water.*

## Method:

1. Fry the onion and add garlic if desired.
2. Add the courgette, fry for about a minute then add stock, about half a pint.
3. Simmer for 3 or 4 minutes or until the courgette is soft.
4. Remove from the heat and blend, using a small hand blender, then stir in any soft cheese.
5. Return to a low heat and stir until the cheese melts.

## Tip:

Serve with a swirl of cream, or grated cheese.



# Hob to Table – Quick Moussaka

Serves 2.

## Ingredients:

- 1 tbsp olive oil
- 1 small onion, finely chopped (you can use frozen chopped onions)
- 1 garlic clove finely chopped
- 250g / ½ lb minced lamb
- 200g / 7oz chopped plum tomatoes
- 2 tbsp tomato purée
- 2 tsp ground cinnamon
- 100g / 3.5oz chargrilled aubergines (you can purchase these in a jar)
- 100g / 3.5oz pack feta cheese, crumbled

## Method:

1. Heat the oil in a large, shallow pan. Add in the onion and garlic and fry until soft.
2. Add the mince and stir fry for 3-4 minutes until browned.
3. Add the tomatoes, stir in the tomato purée and cinnamon, season with salt and pepper.
4. Simmer the mince for 20 mins, adding the aubergines half way through.
5. Sprinkle the crumbled feta over the mince. Bring the moussaka to the table as the feta melts.

## Tip:

Serve it with a crunchy green salad and toasted bread roll or pitta.



## 2. Teatime meals and suppers

### Bakewell's Chicken Divan

Serves 2.

#### Ingredients:

- 1 small roasted chicken
- 100g / 3.5 oz condensed chicken or mushroom soup
- 50g / 1.5 oz tinned, drained sweetcorn
- 1 tsp curry powder
- 1 tsp lemon juice
- 1 tbsp milk

#### Method:

1. Pre-heat the oven to 180/350/ gas mark 4.
2. Strip the cooked meat from the chicken carcass.
3. Mix the chicken with the soup, sweetcorn, curry powder, lemon juice and milk.
4. Pour into a baking dish.
5. Mix the breadcrumbs and butter then sprinkle on top of the chicken mix and top with grated cheese.
6. Bake in the oven for 40 mins until golden brown.

#### Topping:

- 1 to 1.5oz. or approximately 30g of breadcrumbs
- 1 tbsp butter, melted
- Grated cheese



### Joan's Butternut Squash Stew

Serves 2-4.

#### Ingredients:

- 20g / 1oz butter
- 1 onion, chopped
- 1 small carrot, chopped
- 1 stick celery, chopped or 1 tsp cumin or caraway seeds
- 2 sprigs rosemary, stripped and finely chopped
- 1 bay leaf
- 200g / 7oz red lentils
- ½ litre / 2/3 pint vegetable stock
- 300g / 10oz butternut squash or pumpkin
- Small bunch parsley, finely chopped
- Black pepper

#### Method:

1. In a large pan, melt the butter, add the onions, carrots, celery, rosemary and bay leaves, cook for few minutes, add the garlic, cook until ingredients are softened.
2. Add the lentils, butternut squash and stock, bring to the boil and simmer for 30-40 minutes, add the chopped parsley.



#### Tips:

1. If you want a smoother stew remove a portion, blend and put back into the pot.
2. This stew can also be cooked in a slow cooker.
3. Portion out and freeze single use portions.



# Hearty Slow Cooker Chicken

Serves 1-2.

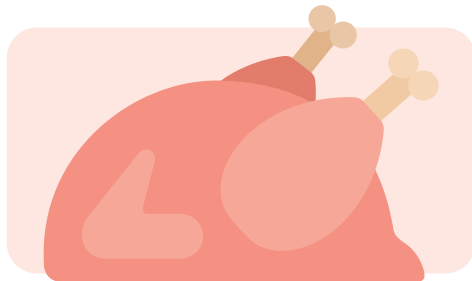
## Ingredients:

- 400g / 14oz chicken breast (diced)
- 100g / 3.5oz cream cheese (can choose plain or garlic and herb variety)
- 2 small shallots or 1 small medium onion (chopped)
- Chopped, dried or pureed garlic and dried herbs if desired
- 4 slices of back bacon or ham (optional)
- 120mls / 4 fl. oz chicken stock
- Salt and pepper to season
- Cooking oil



## Method:

1. Slowly fry the onions and garlic in a little oil, for 2-3 minutes (add a little water if they begin to stick)
2. Add the onions, cream cheese, herbs and stock to a slow cooker, whisk until blended and no lumps remain in the cream cheese.
3. Add the chicken and cook on low for around 5 hours, lift the lid slightly for the last hour so the sauce can thicken.
4. Add cooked bacon or ham towards the end of the cooking time.
5. Season to taste.



# Easy, Sunday Dinner

Serves 1. This simple Sunday roast is enjoyed by young or old and the frozen ingredients make great store cupboard items.

## Ingredients:

- Frozen baked potato
- Chicken breast
- Mixed frozen vegetables (or frozen vegetables of your choice, carrots, peas, broccoli, carrots)
- Chicken gravy granules

## Method:

1. Slice in half or cube the chicken breast.
2. Either place the chicken in foil with a knob of butter and cook in a shallow dish in the oven for 30 mins (Gas mark 4 or 175 degrees in an electric oven) OR
3. Place chicken in a pan and fry on a very low light for 10 minutes, turning after 5 minutes.
4. Cook the frozen baked potato, frozen vegetables and make up the gravy according to the cooking instructions and serve.



## Tips:

1. If you like extra flavour, season the chicken with a little pepper or chilli flakes before cooking.
2. Top the jacket potato with extra grated cheese. Alternatively add butter, cheese or cheese sauce to vegetables for extra calories.





# Root Vegetable Sausage Casserole

Serves 1-2.

## Ingredients:

- 1 tbsp olive oil
- 2 shallots (peeled and halved)
- ½ bag ready sliced casserole vegetables
- 1 potato, peeled and cut to bitesize chunks
- Small handful of fresh spinach
- ¼ - ½ cup vegetable stock
- 1 bay leaf
- 4 sausages (of your choice), cooked separately according to manufacturer's instructions

To top: ½ tbsp of green pesto



## Method:

1. Put olive oil at the bottom of the casserole dish or pan. Add the shallots.
2. Add the casserole vegetables and gently fry on a low heat until they have a slight brown colour.
3. Add the diced potatoes and cook for 10 minutes under a lid on a low heat.
4. Now add the stock and cover the casserole dish and let cook for 15-20 mins
5. While this is cooking, cook your sausages in the oven and when they are ready cut them up to bitesize chunks.
6. Add the pesto and sausages and give the casserole a good mix before serving. You can add more chicken stock if the casserole seems too dry.

## Tips:

1. Try using vegetarian sausages for a meat-free alternative.
2. You could try adding beans or lentils too for extra fibre, protein and iron.

# 3. Creamy desserts and cakes

## Fruit Crumble

Serves 2-3.

## Ingredients:

- 90g / 3 oz plain flour
- 45g / 1.5 oz butter
- 15g / ½ oz oats
- 30g / 1 oz sugar

## Method:

1. Preheat the oven to 180c/160c fan/gas mark 4.
2. Sieve the flour into a mixing bowl, add the spread and rub together until the mixture looks like fine bread crumbs. Stir in the oats and half the sugar, set aside.
3. Peel core and slice the apples, place in an oven proof dish, sprinkle with lemon juice (stops the apples going brown), add the remaining sugar, stir to coat the apples.
4. Cover the apples with the crumble mixture. Bake for 30-40 minutes.



## For the filling:

- 250g/½ lb baking apples
- Good squeeze lemon juice
- 15g/½ oz sugar

## Tips:

1. Use seasonal fruit of your choice, serve with custard, ice cream or pouring cream
2. For an easier version that requires less preparation use frozen fruit or tinned fruit pie filling.
3. Serve in two smaller dishes and freeze one for later use.





# Natalie's No Bake Cheese Cake

Serves 4.

## Ingredients:

- 200g / 7oz digestive biscuits
- 75g / 2½ oz unsalted butter
- 400g / 14oz full-fat cream cheese, at room temperature
- 300g / 10½ oz mascarpone, at room temperature
- 200g / 7oz icing sugar, sifted
- 1 tsp vanilla extract
- 100g / 3½oz malted milk balls (optional)

## Method

1. Crush the digestive biscuits (use a blender or place biscuits in a sandwich bag and crush with a rolling pin).
2. Melt the butter in a large saucepan add the biscuit crumbs and mix well.
3. Press the buttery crumbs into the bottom of a 23cm/9in loose-bottomed tin. Chill in the fridge while you make the topping.
4. Blend the cream cheese and mascarpone, together until light and fluffy.

5. Add the icing sugar a little at a time and blend.
6. Finally, mix in the vanilla. The mixture should be very light and fluffy.
7. Break up the malted milk balls and fold half into the cream cheese mixture.
8. Spread the cream cheese mixture over the biscuit base and smooth the top. Cover with cling film and chill in the fridge for at least four hours.
9. When ready to serve, sprinkle the remaining crushed malted milk balls over the top of the cheesecake.

## Tip:

As an alternative to chocolate malted milk balls, add a fruit topping such as tinned mandarins, fresh strawberries or frozen berries.



# Bakewell's Lemon Soufflé

Serves 2.

## Ingredients:

- 2 eggs
- 60g / 2 oz caster sugar
- 1 lemon
- Small tin of condensed milk
- 30g / 1 oz gelatine
- 2 ½ tablespoons water

## Method:

1. Melt the gelatine in hot water.
2. Put the sugar, egg, juice and grated lemon zest into a mixing bowl and beat until doubled in bulk.
3. Fold in the condensed milk.
4. Add the melted gelatine slowly, mixing lightly.
5. Pour into one dish or two smaller dishes, allow to set.
6. Top with whipped cream and grated chocolate if liked.



# Malted Fruit Loaf

Serves 6.

## Ingredients:

- 3 cups self-raising flour
- Pinch of salt
- 3 tbsp malted milk drink e.g. Horlicks, Ovaltine
- 200g / 7 oz sugar
- 200g / 7 oz dried fruit
- 120ml / ½ pint of milk

## Method:

1. Lightly grease a 2lb loaf tin.
2. Mix all the ingredients together and smooth into the loaf tin.
3. Bake in a pre-heated oven 170°C/325F/Gas 3 for 1.5 - 2 hours or until a skewer inserted in the centre comes out clean.
4. Allow to cool slightly and carefully turn the loaf out on to a cooling rack.

**Tip:** Slice and top with butter or spread to serve.



# Valarie's Fresh Fruit Salad with Cinnamon Syrup

Serves 2.

## Ingredients

- 1 firm pear, peeled cored and sliced
- 1 ripe peach, peeled, stoned and chopped
- 2 canned pineapple rings, drained and quartered
- 100g / 3.5oz mixed frozen berries
- ½ tsp ground mixed spice

## Method:

1. Place the sugar, water, lemon juice and cinnamon stick in a pan and heat gently until the sugar has dissolved. Simmer for 3-4 mins until thickened.
2. Remove the pan from the heat, stir in the sliced pears and leave to cool.
3. Place the rest of the fruit in a shallow bowl and pour over the cooled syrup and pears.
4. Remove the cinnamon stick and stir gently, cover and chill for 2 hr's before serving.
5. Top with a sprinkle of mixed spice if preferred.



## Syrup (optional)

- 35g / 1.5 oz granulated sugar
- 150ml / 5 fl. oz water
- Juice of 1 small lemon
- ½ cinnamon stick

## Tips:

1. Serve with crème fraiche or single cream if desired, this can add extra calories.
2. For a tropical flavour, scoop the juice, seeds and flesh from 1 large passion fruit and stir into the fruit salad.
3. Any fruit can be used and it may be a good way of using up ripe fruits, rather than wasting them. For a much easier version use tinned fruit salad and serve with a sprinkle of sugar and a pouring of cream!

# Our favourite day centre smoothies and nourishing drinks!

All the ingredients can be added to a jug and blended using a hand blender. These smoothies are nutritious, hydrating, quick and simple to make!

## Yoghurt & Berry Smoothie



- Small pot of Greek yoghurt
- Handful of frozen berries
- 1 small banana (optional)
- 150mls / ¼ pint of milk (can use whole or enriched if extra calories required)

## Avocado & Strawberry Super Smoothie



- (A lower sugar recipe, including healthy fats)
- ½ avocado
  - 150g / 5ozs strawberries
  - 4 tbsp natural yoghurt
  - 200ml / 1/3 pint of milk
  - Lemon / lime juice to taste

## Cocoa and Hazelnut Frappe



- Ice and grated chocolate to serve
- 2 tsp of malted milk powder
- 2 tsp of cocoa powder
- 200mls / 7 fl oz hot milk
- 20mls / 1½ tbsps of Hazelnut Syrup

1. Add the malted milk powder, cocoa, hazelnut syrup and a drop of water to a lidded container and mix into a paste.
2. Add the hot milk and stir.
3. Add some ice and allow this to react to the hot liquid for a few seconds.
4. Shake vigorously and pour through a strainer to serve and sprinkle with grated chocolate if desired.

## Further information and support

**NHS Live Well Website** – Advice, tips and tools for health and well-being [www.nhs.uk/live-well/](http://www.nhs.uk/live-well/)

**Age UK National** – 0800 055 6112 • [www.ageuk.org.uk/](http://www.ageuk.org.uk/)

**Age UK Bolton** – For local information and signposting  
01204 382411 • [www.ageuk.org.uk/bolton/](http://www.ageuk.org.uk/bolton/)

**Farnworth and Kearsley Foodbank** – Helping local people in crisis, operates on a voucher system.

01204 861671 • [www.farnworthkearsley.foodbank.org.uk](http://www.farnworthkearsley.foodbank.org.uk)

**Urban Outreach Storehouse Foodbank** – A voucher system is used to provide food parcels. Home deliveries can be requested for housebound clients. 01204 385848 • [info@urbanoutreach.co.uk](mailto:info@urbanoutreach.co.uk)

**Urban Outreach Storehouse Pantry** – Become a member and choose groceries, for a small fee, operating from one of two venues:

Hope Centre, Tattersall Avenue, Johnson Fold, Halliwell 01204 329704

Urban Care Centre on New Bury Estate, Farnworth 01204 329786

**Bolton Council Welfare Provision** – Help for people in short-term crisis with food and essential items. 01204 332772 • [www.bolton.gov.uk](http://www.bolton.gov.uk)

**Bolton's Humanitarian Response Hub** – Help for people who need support, during the COVID 19 outbreak.

01204 337221 • [www.bolton.gov.uk/council/support-vulnerable/1](http://www.bolton.gov.uk/council/support-vulnerable/1)

**Bolton's Money Skills Service** – Free, confidential and impartial services for local people. 01204 33 2916 • [www.boltonmoneyskills.org.uk](http://www.boltonmoneyskills.org.uk)

**Bolton Council for Voluntary Service (CVS)** – Support and signposting available to a range of community sector and voluntary organisations. 01204 546 055 • [info@boltoncvs.org.uk](mailto:info@boltoncvs.org.uk)

**Greater Manchester Nutrition & Hydration Programme** –  
For more information and resources visit [www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration](http://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration)