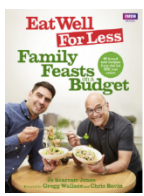

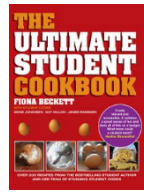





Eat Healthily, Save Money

These days, it's important for all of us to try and look after our health by eating well. And everyone likes to save a bit of money while they're doing it! This help sheet has some information on where you can look for inspiration.

Some Libraries NI online resources to help you eat healthily and cheaply:

<p><i>Eat Well for Less</i> by Jo Scarratt-Jones eBOOK on Libby/Overdrive</p>		<p><i>The Soup Book</i> by Sophie Grigson</p> <p>Home-made soup is one of the easiest ways to eat healthily and cheaply eBOOK on Libby/Overdrive</p>	
<p><i>The Ultimate Student Cookbook</i> by Fiona Beckett Lots of handy cookery and money saving tips, along with economical and delicious recipes ranging from sweet potato falafel to toad-in-the-hole. eBOOK on Libby/Overdrive</p>		<p><i>Clean Eating</i> Delicious, wholesome, low-fat, easy recipes eMAGAZINE on RB Digital</p>	
<p><i>Easycook</i> Practical, down-to-earth and straight talking food magazine eMAGAZINE on RB Digital</p>		<p><i>Healthy Food</i> Recipes as well as nutrition and health advice eMAGAZINE on RB Digital</p>	

There are also masses of recipes and cooking videos online: it can be tricky knowing where to start! The big supermarkets are one useful source of help, and many have a 'meal planner' tool to help you budget and shop. Have a look at the following list:

Lidl has a Healthy Recipes section here:

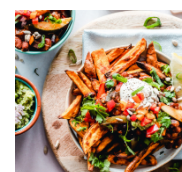
<https://www.lidl.com/recipes?category=1sXJbqDRWmmwWikWyC08w>

Spar: <https://www.spar.co.uk/recipes/baked-beans-substitute>

Eurospar: <https://www.eurosparni.co.uk/recipes/healthy-recipes>

Centra: <https://centra.co.uk/recipe/sweet-potato-fries/>

Tesco: There are 1000s of recipes on the Tesco site, including a Healthy Recipes section: <https://realfood.tesco.com/healthy-recipes.html>
The site also has several Jamie Oliver 'easiest healthy recipe' videos.

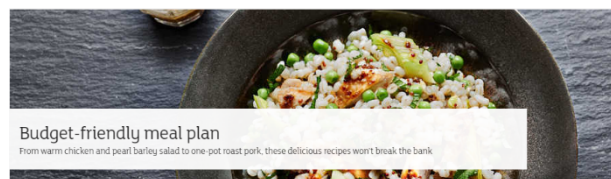


Sainsbury's has a YouTube channel with lots of quick and easy low cost recipes with demonstration videos

https://www.youtube.com/watch?v=ANJUDMLDiJk&feature=emb_rel_pause

The Sainsbury's website has a handy meal-planner tool to help you to keep costs down:

https://recipes.sainsburys.co.uk/meal-plans?ddl=TWVhbCBwbGFucw**



ASDA's Good Living web pages have lots of inspiration on cooking on a budget, including a section called 'Meals for under £1'

ALDI: <https://thebatchlady.com/recipes/10-low-cost-family-meals-made-in-1-hour-with-aldi-ingredients/> This is a short video that's worth watching – the Batch Lady is down to earth and practical, and she really does make 10 meals in an hour!

The BBC Good Food site has lots of useful information, including a cheap and healthy meals section, as well as handy 'how to' video guides: www.bbc.goodfood.com

<https://www.bbcgoodfood.com/videos/techniques/how-make-perfect-omelette-video>

<https://www.bbcgoodfood.com/recipes/collection/cheap-family-suppers>

YouTube:

There are 1000s of cookery videos on You Tube: go to www.youtube.com and search for 'healthy meals on a budget uk'

Here are a couple of useful links:

<https://www.youtube.com/watch?v=mhDJNfV7hjk> – 25 meals to make during quarantine:

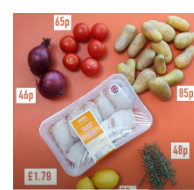
<https://www.youtube.com/watch?v=fM51-5HA918> - short video on eating healthily in lockdown



Instagram



There are 1000s of cooking videos on Instagram. One example is @BeattheBudget, which features very short cookery videos along with a list of ingredients and approximate prices.



Checklist: these principles can help you produce healthy and cheap meals

- Plan meals and use a list
- Cook large portions and use leftovers
- Try to avoid processed and junk food
- Buy frozen veg and fruit – these are often better value and just as nutritious as fresh (often more so)
- Canned fruit and veg are also good value, also oily fish like tuna
- Dried pulses are cheap and wholesome
- Try cooking or baking with the kids – it can be good fun, and it tastes better!

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