



Connect
housing

MAKING SAVINGS IN THE KITCHEN THIS WINTER

Here you'll find advice and recipes that will help you make savings this winter. Whilst some of this advice might cost more upfront, it will look after your pocket in the long run.

Recipe #1

Slow cooker chilli

Ingredients:

125g frozen onions	2 tbsp tomato puree
125g frozen peppers	1 vegetable or beef stock cube
1 tin baked beans	1 tsp chilli powder
1 tin red kidney beans	1 tsp cumin
1 tin lentils	1 tsp paprika
1 tin chopped tomatoes	

Method:

1. Fry off the onions and peppers until browned - pop them into the slow cooker.
2. In a jug, mix up the stock cube with 175ml boiling water, the tomato puree and spices.
3. Drain and rinse the lentils and kidney beans in a sieve and pop them into the slow cooker.
4. Tip in the baked beans (including sauce) and chopped tomatoes into the slow cooker.
5. Add in the stock, tomato puree and spice mixture - stir all ingredients to combine.
6. Pop the lid on and cook on high for 2 hours, or low for 4 hours.

This meal costs roughly £1.19 per portion!

Ditching the oven

Ever thought about ditching the oven for an air fryer, or making a big slow cooker meal?

Slow cooker

These can cost as little as 5p an hour and are a great way to save energy, as well as cook a delicious meal you can pop in the freezer for the week.

Air fryer

They cook food much faster meaning they are more energy efficient than ovens, costing roughly 5p every 10 minutes. Bare in mind that they can be expensive to buy.

Microwave

Whilst these use a lot of electricity, it's only for a short period of time. They are a lot more efficient than using an oven or hob.

Money Matters

At Connect we're more than just your landlord. We care about you and want to help where we can.

That's why we have the Money Matters service. If you're feeling concerned about making ends meet and eating this winter then they can help with specialist advice and support.

CONTACT MONEY MATTERS

0300 5000 600

hello@connecthousing.org.uk

connecthousing.org.uk/moneymatters

Simple tips

These might seem obvious but there's always room for a new money saving trick in the book:

- Plan! A stock take of the kitchen and planning your meals based on what's in the cupboard can shave a few items off the shopping list.
- Set yourself a budget, stick to that shopping list, and bring your spare bags to save that 5p.
- Price per unit pays. Always check to get the cheapest deal - the offers aren't always best.
- Supermarket own brands are often cheaper. Look for everyday essentials and you'll find yourself making savings.
- Check that use by date. Remember that 'best before' doesn't mean the food is unsafe to eat, it may just not be at its best. Roughly half the food we throw away can still be eaten.
- Batch cook and freeze - it can be tempting to rely on a quick meal but often they are more expensive. Cook yourself a big meal with fresh ingredients that you pop in the freezer and heat up for the rest of the week.

Recipe #2

Easy bolognese

Ingredients:

- 1 diced onion
- 1 red pepper
- 2 cloves of garlic
- 500g beef or Quorn mince (or a tin of lentils which can be cheaper)
- 2 beef or vegetable stock cubes
- 1 tbsp tomato puree
- 1 tsp mixed herbs

Method:

1. Fry off the peppers and onions until browned.
2. Mince the garlic and add to the pan.
3. Add in your mince of choice or drained and rinsed lentils.
4. Mix the stock cubes with 300ml boiling water and the tomato puree and stir into the pan.
5. Add the mixed herbs, season with salt and pepper to taste.
6. Simmer for 30 minutes on a low heat, stirring occasionally.
7. Serve with your favourite pasta.



This meal costs roughly £0.84 per portion!

Food banks

If you are really struggling to put food on the table this winter, you might be able to access a food bank.

To access one you need someone to refer you. This could be a school, your doctor, social worker or another organisation that works with the food bank.

Our very own Money Matters team can also refer you to a food bank if you need. You can contact them at the details on this leaflet.

You could contact your local council - they can put you in touch with other organisations that can help with referrals. They might be able to offer you vouchers or grants to help cover the cost of food.

We know that food banks are a last resort for many and it can feel difficult to admit that you need help, but we want you to know that it's always OK to ask for help.

Don't suffer in silence!



There are always people out there to help...

Healthy Start

If you're pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk under this scheme.

Foodcycle

They offer completely free hot meals to people who need them on a weekly basis. All you need to do is turn up. There are locations in Beeston and Harehills.

Community fridges

You can find free, surplus food donated by local business in community fridges. Head to this link to find your nearest one:

hubhub.org.uk/the-community-fridge

Pantries

In Meanwood and Pudsey there are pantries that take donations of surplus food from local businesses. For a small yearly sign up fee you can go and get free food from them.

Feeding Britain

They have compiled a country-wide map of affordable food clubs and other helpful organisations. Feeding Bradford & Keighley and the West Yorkshire Poverty Network are two organisations you can find on their website.



Recipe #3

Sticky sausage stew

Ingredients:

- 1 tbsp oil
- 6 sausages (or vegetarian alternatives)
- 2 tbsp clear honey
- 1 tbsp dijon mustard
- 1 tin (400g) chopped tomatoes
- 300ml vegetable stock
- 1 tin (400g) butterbeans, drained
- 1.5 tbsp smoked paprika
- 1 tbsp mixed herbs
- 500g carrots, chunkily chopped
- Large handful of chopped spinach



Method:

1. Preheat oven to 180C fan and lightly oil a baking tray. Mince the garlic and add to the pan.
2. Place the sausages onto the baking tray and cook for about 25 minutes until cooked and golden. You will need to turn them during cooking. Mix the stock cubes with 300ml boiling water and the tomato puree and stir into the pan.
3. Mix honey and dijon mustard. Remove sausages from the oven and drizzle the honey mustard all over the sausages, making sure they are well coated. Then pop them back in the oven for 5 minutes to get all sticky.
4. Whilst your sausages are cooking you can make the stew. Add your chopped carrots to a lightly oiled large pot (with a lid). Allow to cook for a few minutes before adding smoked paprika and mixed herbs. Coat the carrots and cook for about a minute.
5. Add the chopped tomatoes, stock and butterbeans, give it all a good mix then pop the lid on and cook for about 20 minutes till the carrots are cooked.
6. Remove the lid and allow to thicken up to your liking, this should take about 5 minutes.
7. Add the spinach and allow to wilt.
8. Add the sticky sausages and any of the sticky sauce from the baking tray to the stew and cook for a few minutes more. Then serve up.