

# WEEKLY PLANNER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES





4 SERVINGS



PREP

15 MINS



COOK

30 MINS

## CHIP SHOP CHICKEN CURRY & RICE



### INGREDIENTS

- 400G CHICKEN BREAST OR THIGHS SLICED INTO SMALL CHUNKS
- 20ML OIL
- 1 ONION (DICED)
- 100G MUSHROOMS (OPTIONAL)
- FROZEN PEAS (OPTIONAL)
- 2 HEAPED TBSP (APPROX 28G) MAYKWAY CURRY POWDER
- 2 CHICKEN STOCK CUBES (DISSOLVED AS PER PACKET INSTRUCTIONS)
- 200G UNCOOKED BASMATI RICE

### DIRECTIONS

- HEAT THE OIL IN A FRYING PAN OR WOK
- ADD THE CHICKEN TO THE PAN AND COOK FOR A FEW MINS, THEN REMOVE FROM THE PAN AND SET TO ONE SIDE
- ADD THE DICED ONION, MUSHROOMS AND PEAS TO THE PAN AND FRY FOR APPROX 1 MINUTE
- ADD THE CURRY POWDER TO THE PAN AND STIR, SIMMER ON A LOW HEAT FOR A FEW MINUTES
- MIX THE STOCK CUBES IN BOILING WATER UNTIL DISSOLVED, THEN GRADUALLY ADD THE STOCK TO THE PAN, STIRRING AS YOU GO AND UNTIL THE CURRY RESEMBLES A SAUCE LIKE CONSISTENCY
- SIMMER FOR 25-30 MINS
- IN THE MEANTIME, FILL A PAN WITH WATER, ADD RICE AND BRING TO THE BOIL, THEN SIMMER FOR APPROX 10-12 MINUTES MINS, DRAIN AND SERVE WITH THE CURRY

### NOTES

- TO CUT THE COSTS USE CHICKEN THIGHS WHICH ARE A MUCH CHEAPER CUT OF MEAT BUT REALLY NUTRITIOUS AND FULL OF FLAVOUR
- SERVE WITH BASMATI RICE, APPROX 40-50G PER PERSON. BOIL IN SALTED WATER FOR APPROX MINS.
- EGG FRIED RICE - ADD SMALL AMOUNT OF OIL TO A FRYING PAN, ADD SOME FROZEN PEAS AND SWEETCORN AND COOK FOR A COUPLE OF MINUTES. MIX 1-2 EGGS AND ADD TO THE PAN, COOK LIKE ITS SCRAMBLED EGG, ADD COOKED, DRAINED BASMATI RICE TO THE PAN AND MIX ALL TOGETHER. REMOVE FROM THE HEAT AND ADD A DASH OF SOY SAUCE
- ADDITIONAL VEGETABLES CAN ALSO BE ADDED TO THE CURRY SUCH AS PEPPERS, PEAS OR SWEETCORN

### FOR INFO

- TBSP = TABLESPOON
- TSP = TEASPOON
- G = GRAMS
- 1 FULL MUG OF RICE SHOULD PROVIDE RICE FOR APPROX 4 PEOPLE







4 -6 SERVINGS



PREP  
20 MINS



COOK  
40 MINS

## LOADED CHILLI CHIPS



### INGREDIENTS

- 500G LEAN BEEF MINCE
- 1 RED OR WHITE ONION, FINELY CHOPPED
- 405G CAN MIXED BEANS
- 45G CHILLI CON CARNE MIX (MIX WITH WATER)
- 1 TABLESPOON OF GARLIC PUREE
- 500G POTATOES SLICED
- 1TBSP SOURED CREAM
- 2 TOMATOES, CHOPPED
- 50G GRATED CHEDDAR OR MOZZARELLA
- 75 ML OIL

### DIRECTIONS

- PREHEAT THE OVEN TO 220C/200C FAN/GAS 7.
- HEAT A PAN OVER A HIGH HEAT, ADD THE MINCE UNTIL IT IS BROWN. ADD THE CHOPPED ONION AND COOK FOR 5 MINS UNTIL SOFT. ADD THE GARLIC PUREE, THEN STIR IN THE BEANS AND CHILLI MIX. SIMMER FOR 20 MINS.
- MEANWHILE, SLICE THE POTATOES INTO CHIPS, LEAVING THE SKIN ON
- PLACE A TRAY IN THE OVEN WITH THE OIL TO HEAT FOR ABOUT 5-10 MINS, THEN ADD CHIPS TO THE TRAY AND SPRINKLE WITH A BIT OF SALT OR PAPRIKA. **\*BE CAREFUL HERE AS THE OIL GETS REALLY HOT\***
- COOK THE CHIPS IN THE OVEN FOR AROUND 30-35 MINS, TURNING THE CHIPS OVER HALF WAY THROUGH, SO THEY COOK EVENLY
- ONCE THE CHIPS ARE COOKED, POUR THE CHILLI OVER THE CHIPS, TOP WITH THE CREAM, CHOPPED TOMATOES AND CHEESE. BAKE IN THE OVEN FOR 5 MINS.

### NOTES

- DOUBLE THE RECIPE AND FREEZE HALF, OR USE ANY LEFTOVER TO MAKE ENCHILADAS. IF FREEZING HALF, ALLOW TO DEFROST IN THE FRIDGE OVERNIGHT BEFORE USING
- WHEN POURING CHILLI OVER THE CHIPS, MAKES SURE TO DRAIN ANY EXCESS OIL. **\*BE CAREFUL THOUGH AS THE OIL WILL BE HOT\***





4 -6 SERVINGS



PREP  
15 MINS



COOK  
40 MINS

## CHILLI BEEF ENCHILADAS



### INGREDIENTS

- 500G LEAN BEEF MINCE
- 1 RED OR WHITE ONION, FINELY CHOPPED
- 405G CAN MIXED BEANS
- 45G CHILLI CON CARNE MIX (MIX WITH WATER AS PER PACK INSTRUCTIONS)
- 1 TBSP GARLIC PUREE
- 250 ML TOMATO PASSATA
- 50G REDUCED FAT GRATED CHEDDAR OR MOZZARELLA
- 8 TORTILLA WRAPS (TO CREATE ENCHILADA)

### DIRECTIONS

- PREHEAT THE OVEN TO 220C/200C FAN/GAS 4
- HEAT A PAN OVER A HIGH HEAT, ADD THE MINCE UNTIL IT IS BROWN. ADD THE CHOPPED ONION AND COOK FOR 5 MINS UNTIL SOFT. ADD THE GARLIC PUREE, THEN STIR IN THE BEANS AND CHILLI MIX. SIMMER FOR 20 MINS.
- SMEAR A BIT OF THE PASSATA ON THE BOTTOM OF A BAKING DISH (THIS STOPS THE ENCHILADAS FROM SLIDING IN THE DISH).
- DIVIDE THE CHILLI FILLING BETWEEN EACH OF THE 8 TORTILLA WRAPS. ROLL UP THE WRAPS AND THEN PLACE IN THE BAKING DISH
- POUR REMAINING PASSATA OVER THE ENCHILADAS, TOP WITH CHEESE, BAKE FOR 15 -20 MINUTES IN THE OVEN. SERVE HOT!

### NOTES

- YOU CAN PURCHASE A SEPARATE JAR OF ENCHILADA SAUCE, IF DESIRED, AND POUR OVER THE WRAPS IN PLACE OF PASSATA







6SERVINGS



PREP 25  
MINS



COOK  
55 MINS

## TURKEY BOLOGNESE PASTA BAKE



### INGREDIENTS

- 1 TBSP OIL
- 2 ONIONS, FINELY CHOPPED
- 2 CARROTS DICED SMALL
- 500G TURKEY MINCE
- 1 TBSP GARLIC PUREE
- 2 TSPS OF OREGANO OR MIXED HERBS
- 2 X 400G CANS CHOPPED TOMATOES
- SALT AND PEPPER
- 300ML CHICKEN STOCK (USING STOCK CUBES)
- 2 FINELY CHOPPED CARROTS (OPTIONAL)
- 400G FUSILLI PASTA
- 200G CHEDDAR, GRATED (OPTIONAL)
- 1 PIECE OF BREAD GRATED OR TORN INTO SMALL PIECES

### DIRECTIONS

#### STEP 1

1. HEAT THE OIL IN A LARGE SAUCEPAN. ADD THE ONIONS AND CARROTS AND COOK FOR 8-10 MINS UNTIL SOFTENED. ADD THE MINCE AND BROWN ALL OVER. ONCE BROWNEED, ADD THE GARLIC, MIXED HERBS OR OREGANO, TOMATOES, AND CHICKEN STOCK, AND BRING TO THE BOIL. TURN DOWN HEAT AND SIMMER FOR 35-40 MINS, ADDING A SPLASH OF WATER IF IT LOOKS TOO DRY. TASTE AND ADD SOME SALT AND PEPPER IF REQUIRED

#### STEP 2

1. WHILE THE TURKEY COOKS, BOIL THE PASTA FOLLOWING PACK INSTRUCTIONS, THEN DRAIN
2. ADD THE PASTA TO AN OVEN PROOF DISH AND COVER THE PASTA WITH THE BOLOGNESE MINCE
3. SPRINKLE WITH 200G (OR A HANDFUL) OF RED OR WHITE CHEDDAR CHEESE SPRINKLE THE BREAD OVER THE DISH AND. OVEN BAKE FOR 10-15 MINS OR GRILL FOR APPROX 5-10 MINS

### NOTES

- YOU COULD REPLACE THE PASTA WITH SLICED COOKED NEW POTATOES, LEAVING THE SKIN ON







4 SERVINGS



PREP

15 MINS



COOK

25 MINS

## ONE POT CHICKEN AND RICE



### INGREDIENTS

- 2 TSP PAPRIKA
- 1 TSP DRIED OREGANO OR MIXED HERBS
- 1/2 TSP GARLIC PUREE
- 1/2 TSP ONION POWDER / SALT (OPTIONAL)
- 1/4 TSP SALT
- 1/4 TSP PEPPER
- 4-6 BONELESS, SKINLESS CHICKEN THIGHS
- 2 TBSP COOKING OIL
- 1 ONION, DICED
- 1 CUP (APPROX 200G) WHITE RICE (UNCOOKED)
- 400-450ML VEGETABLE (OR CHICKEN) STOCK
- BROCCOLI (OR SERVE WITH VEGETABLES OF YOUR CHOICE)

### DIRECTIONS

- COMBINE THE PAPRIKA, OREGANO (OR MIXED HERBS), GARLIC PUREE, ONION POWDER / SALT, SALT AND PEPPER IN A SMALL BOWL. COAT BOTH SIDES OF THE CHICKEN THIGHS IN THE SEASONING MIX.
- ADD 1 TBSP COOKING OIL TO A LARGE SAUCEPAN AND HEAT OVER MEDIUM HEAT. ONCE HOT, SWIRL TO COAT THE SURFACE OF THE PAN, THEN ADD THE CHICKEN THIGHS. COOK THE THIGHS FOR A FEW MINUTES ON EACH SIDE, OR UNTIL WELL BROWNED. THE CHICKEN DOES NOT NEED TO BE COOKED THROUGH AT THIS POINT.
- REMOVE THE BROWNED CHICKEN TO A CLEAN PLATE. REDUCE THE HEAT TO MEDIUM-LOW, ADD AN ADDITIONAL 1 TBSP COOKING OIL TO THE PAN, THEN ADD THE DICED ONION. FRY THE ONION FOR ABOUT 5 MINUTES, OR UNTIL SOFTENED.
- ADD THE UNCOOKED RICE TO THE PAN AND CONTINUE TO SIMMER FOR 1-2 MINUTES MORE TO TOAST THE RICE.
- ADD THE VEGETABLE OR CHICKEN STOCK TO THE PAN AND BRIEFLY STIR
- RETURN THE CHICKEN TO THE PAN, SETTING IT ON TOP OF THE RICE. PLACE A LID ON THE PAN, TURN THE HEAT UP TO MEDIUM-HIGH, AND ALLOW THE STOCK TO COME UP TO A FULL BOIL.
- ONCE BOILING, TURN THE HEAT DOWN TO LOW AND LET THE CHICKEN AND RICE CONTINUE TO SIMMER OVER LOW, WITHOUT LIFTING THE LID OR STIRRING, FOR 20 MINUTES.
- AFTER 20 MINUTES, TURN OFF THE HEAT AND LET IT REST, LEAVE THE LID ON FOR AN ADDITIONAL 5 MINUTES. FINALLY, REMOVE THE LID AND FLUFF THE RICE AROUND THE CHICKEN AND SERVE

### NOTES

- IF THE RICE LOOKS TOO DRY, ADD A SMALL AMOUNT OF STOCK TO THE PAN TO LOOSEN THE RICE







4 SERVINGS



PREP

15 MINS



COOK

20 MINS

## PIZZA BAKED POTATO



### INGREDIENTS

- 4 BAKING POTATOES
- 1 TBSP OIL
- ½ RED OR WHITE ONION, FINELY CHOPPED
- 1 TSP OF GARLIC PUREE
- 60G PACK SLICED PEPPERONI, OR HAM TORN
- 400G CAN CHOPPED TOMATOES
- SPRINKLE OF OREGANO HERBS
- 100G GRATED MOZZARELLA

### DIRECTIONS

#### STEP 1

- HEAT OVEN TO 200C/180C FAN/GAS 6. SCRUB THE POTATOES AND DRY WELL, THEN PRICK SEVERAL TIMES WITH A FORK.
- BAKE DIRECTLY ON THE OVEN SHELF FOR 1½-2 HRS, UNTIL THEY FEEL SOFT.
- IF YOU ARE SHORT OF TIME, PRICK EACH POTATO WITH A FORK AND MICROWAVE ON HIGH FOR 8-10 MINS UNTIL SOFT INSIDE

#### STEP 2

- WHILE THE POTATOES COOK, HEAT THE OIL IN A SMALL PAN AND COOK THE ONION FOR 5 MINS TO SOFTEN ON A LOW TO MEDIUM HEAT. STIR IN THE GARLIC AND PEPPERONI OR HAM, AND COOK FOR 1-2 MINS,
- ADD THE CHOPPED TOMATOES AND BRING TO THE BOIL, THEN SIMMER FOR 5 MINS.
- SLICE THE POTATOES BUT NOT ALL THE WAY THROUGH, THEN SPOON SOME MIXTURE OVER EACH POTATO AND TOP EACH ONE WITH A GOOD HANDFUL OF CHEESE AND A SPRINKLE OF OREGANO OR MIXED HERBS.
- BAKE IN THE OVEN FOR A FURTHER 5 MINS TO MELT THE CHEESE, OR CAN BE EATEN STRAIGHT AWAY

### NOTES

- CHEESE CAN BE MELTED UNDER THE GRILL, IF DESIRED, RATHER THAN ADDING THE POTATOES BACK TO THE OVEN
- IF YOU ARE SHORT OF TIME, PRICK EACH POTATO WITH A FORK AND MICROWAVE ON HIGH FOR 8-10 MINS UNTIL SOFT INSIDE





4 SERVINGS



PREP

15 MINS



COOK

45 MINS

## SAUSAGE CASSEROLE



### INGREDIENTS

- 8 SAUSAGES
- 1 ONION, DICED
- 1 TBSP OF GARLIC PUREE
- 1 TSP DRIED MIXED HERBS
- 1 TIN OF MIXED BEANS DRAINED
- 400G/14OZ TIN CHOPPED TOMATOES
- 500ML/18FL OZ CHICKEN STOCK, MADE FROM 2 STOCK CUBES (VEGETABLE)
- SALT AND PEPPER

### DIRECTIONS

- PREHEAT THE OVEN TO 200C/180C FAN/GAS 6.
- HEAT A LARGE FRYING PAN OVER A MEDIUM HEAT. ONCE HOT, ADD THE SAUSAGES AND COOK FOR 6-8 MINUTES, TURNING NOW AND AGAIN TO COLOUR EVENLY.
- ADD THE ONION AND CONTINUE TO COOK FOR THREE MINUTES, THEN ADD THE GARLIC AND DRIED HERBS AND COOK FOR TWO MORE MINUTES, STIRRING FROM TIME TO TIME.
- ADD THE MIXED BEANS, TOMATOES AND STOCK TO THE PAN. STIR TO MIX EVERYTHING TOGETHER AND SEASON WELL WITH SALT AND PEPPER. TRANSFER TO A MEDIUM-SIZED OVENPROOF BAKING DISH AND COOK FOR AROUND 35 MINS, OR ALTERNATIVELY SIMMER ON THE STOVE

### NOTES

- YOU CAN USE ANY TYPE OF SAUSAGES BUT CUMBERLAND, PORK OR CHICKEN SAUSAGES ALL WORK WELL







4 SERVINGS



PREP  
50 MINS



COOK  
20 MINS

## CHICKEN, BROCCOLI AND NOODLES



### INGREDIENTS

- 1.5 PINTS OF WATER
- 2 CHICKEN BREASTS (SHREDDED) VEGETARIAN OR VEGAN SUBSTITUTE CAN BE USED
- 200G BROCCOLI CUT INTO SMALL PORTIONS
- 2 CHICKEN STOCK CUBES (VEGETABLE STOCK CUBE CAN ALSO BE USED)
- EGG NOODLES (2 STACKS PER PERSON)
- SOY SAUCE (OPTIONAL)

### DIRECTIONS

- SEASON THE CHICKEN BREASTS WITH SALT AND PEPPER AND PLACE IN A PAN, COVER WITH WATER AND BOIL FOR APPROX 45 MINS
- REMOVE THE CHICKEN FROM THE PAN AND SHRED THE CHICKEN INTO SMALL PIECES
- IN A MEDIUM SIZE SAUCEPAN HEAT UP 1.5PINTS OF WATER, ADD IN THE STOCK CUBES AND BRING TO THE BOIL
- ADD IN YOUR (COOKED) SHREDDED CHICKEN / OR VEGETARIAN SUBSTITUTE AND BROCCOLI AND COOK FOR A FURTHER 2-3 MINS
- NOW ADD IN YOUR NOODLES (1-2 STACKS PER PERSON) AND COOK AS PER INSTRUCTIONS ON THE PACKET
- ONCE NOODLES ARE COOKED, SERVE STRAIGHT AWAY
- ADD SOY SAUCE IF REQUIRED.

### NOTES

- VEGETARIAN OR VEGAN SUBSTITUTES CAN BE USED IN PLACE OF CHICKEN





4 - 6 SERVINGS



PREP  
20 MINS



COOK  
20 MINS

## HONEY BBQ CHICKEN TENDERS



### INGREDIENTS

#### CHICKEN

- 3 CHICKEN BREASTS
- 50G LOW SUGAR BBQ SAUCE
- 1 TSP GARLIC PUREE
- 2 X 1 TSP PAPRIKA
- SALT AND PEPPER
- 150 - 200G CORNFLAKES (CRUSHED)

#### SAUCE

100G LOW SUGAR BBQ SAUCE  
25G HONEY

### DIRECTIONS

- PRE-HEAT THE OVEN TO GAS MARK 6 OR 200 DEGREES
- SLICE CHICKEN BREASTS INTO STRIPS AND PLACE IN A BOWL (APPROX 15 STRIPS)
- ADD BBQ SAUCE, GARLIC PUREE, PAPRIKA AND SALT AND PEPPER TO THE CHICKEN STRIPS, MIX AND COMPLETELY COAT THE CHICKEN WITH THE SAUCE
- IN A FOOD BAG OR BOWL, ADD THE CORNFLAKES, 1 TSP OF PAPRIKA AND PINCH OF SALT AND PEPPER. CRUSH THE CORNFLAKES SO THE FLAKES ARE REALLY SMALL AND THEN TIP THE CRUSHED CORNFLAKES ONTO A PLATE
- COAT EACH STRIP OF CHICKEN WITH THE CORNFLAKES AND PLACE ON A TRAY. BAKE IN THE OVEN FOR APPROX 15-20 MINS
- IN A SEPARATE SMALL BOWL, MIX TOGETHER 100G OF LOW SUGAR BBQ SAUCE AND 25G HONEY
- REMOVE CHICKEN TENDERS FROM THE OVEN AND COAT WITH THE BBQ AND HONEY SAUCE. SERVE WHILST HOT

### TIP

- YOU CAN USE SAUCE OF YOUR CHOICE TO COAT THE CHICKEN, FOR EXAMPLE; LOW SALT AND SUGAR TOMATO SAUCE MIXED WITH SWEET CHILLI. LOW SALT AND SUGAR TOMATO SAUCE, MIXED WITH BUFFALO SAUCE AND HONEY





# HINTS AND TIPS

- **MAKE A MEAL PLAN**, PARTICULARLY FOR YOUR MAIN MEALS. AND PLAN YOUR SHOPPING TRIPS
- **LOOK FOR CHEAP AND CONVENIENT** WAYS TO GET YOUR 5-A-DAY, ADD VOLUME TO YOUR MEALS BY ADDING PLENTY OF VEGETABLES
- **READ THE LABEL** TO MAKE SURE YOU ARE GETTING THE BEST VALUE FOR MONEY
- **USE FOOD 'WASTE'** SUCH AS PEEL TO FLAVOUR SOUPS AND STEWS
- **BATCH COOK** WHERE POSSIBLE
- **WRITE A SHOPPING LIST** AND CHECK WHAT FOOD YOU ALREADY HAVE AT HOME TO AVOID BUYING THINGS YOU DON'T NEED
- **SELECT A TIME TO SHOP** IN THE WEEK WHEN YOU ARE NOT IN A RUSH
- **VALUE BRANDS** OFTEN TASTE JUST AS GOOD FOR A LOWER PRICE
- **CHEAPER PRODUCTS** ARE NOT ALWAYS AT EYE LEVEL OR POSITIONED OBVIOUSLY. CHECK OUT ALL THE SHELVES (INCLUDING TOP AND BOTTOM)
- **BUY FROZEN FRUIT AND VEGETABLES**, THEY CAN BE GOOD VALUE AND HIGHLY NUTRITIOUS AS THE NUTRIENTS ARE SEALED IN DURING THE FREEZING PROCESS. THEY ARE ALSO PRE-PREPARED WHICH MAKES COOKING QUICKER AND EASIER
- **GOOD VALUE PROTEIN SOURCES INCLUDE:** BAKED BEANS, TINNED MIXED BEANS, TINNED CHICKPEAS, LENTILS, SOME MEAT SUBSTITUTES, MILK, YOGHURT, ESPECIALLY PROTEIN YOGURTS, HUMMUS, HENS' EGGS, FROZEN CHICKEN THIGHS, BUDGET CUTS OF MEAT, TINNED FISH (ESPECIALLY SARDINES AND MACKEREL) OR FROZEN FISH
  - **THE PERFECT BOILED EGG** - BRING WATER TO THE BOIL IN A SAUCEPAN, ADD EGGS AND CONTINUE TO BOIL FOR EXACTLY 6 MINUTES, REMOVE EGGS FROM THE PAN AND PLACE IMMEDIATELY IN COLD WATER. PEEL THE SHELL FROM THE EGGS AND ENJOY!
- **HAVE A STOCK OF HERBS AND SPICES** TO ADD FLAVOUR TO MEALS OR SIDE DISHES. MIXED HERBS ARE GOOD TO ADD TO MOST SAVOURY DISHES
- **FREEZE EXCESS FOOD**, SUCH AS BREAD AND OTHER PERISHABLES. MOST FOODS CAN BE FROZEN, SO LOOK AT THE PACKAGING FOR GUIDANCE. FROZEN BREAD IS ALSO BRILLIANT TO GRATE AND USE AS A TOPPING FOR BAKED DISHES, OR AS A BREADCRUMB COATING FOR CHICKEN
- **CONSIDER BULK OR BATCH COOKING** MEALS IF YOU CAN (MAKE A LARGE AMOUNT AND SPLIT INTO PORTIONS). FREEZE OR REFRIGERATE LEFTOVERS FOR CONVENIENCE AND TO SAVE MONEY
- **MAKE HOMEMADE SOUPS** FROM LEFTOVER VEGETABLES
- **MAKE YOUR FAVOURITE TAKEAWAY** FOOD AT HOME, FOR EXAMPLE CURRY AND RICE OR STIR FRY WITH NOODLES
- **SOME SUPERMARKETS SELL 'WONKY' FRUIT AND VEGETABLES** WHICH ARE JUST AS NUTRITIOUS BUT VARY IN SHAPE AND SIZE - SO COST LESS
- **TRY USING AN ONLINE SHOPPING OPTION**, SOME SUPERMARKETS HAVE A MINIMUM SPEND OF £25, SHOPPING ONLINE CAN ENSURE YOU ONLY BUY WHAT YOU NEED



# FURTHER INFORMATION

- **USE 'QUEEN OF GREENS'** FOR AFFORDABLE FRESH FRUIT AND VEGETABLES TO COMMUNITIES ACROSS LIVERPOOL AND KNOWSLEY [WWW.FEEDINGLIVERPOOL.ORG/QUEENOFGREENS](http://WWW.FEEDINGLIVERPOOL.ORG/QUEENOFGREENS)
- **KNOWSLEY FOODBANK** – EITHER BY OBTAINING A REFERRAL VOUCHER FROM A PARTNER (INCLUDING GPS OR CITIZENS ADVICE), OR BY CALLING THE KNOWSLEY FOOD SUPPORT LINE ON 0151 538 8243
- **YOUNG PERSONS FOODBANK** - LOCATED AT MYA, OUR PLACE LONGVIEW DRIVE EVERY WEDNESDAY 11-2 FOR ANYONE UNDER 30 WHO MAYBE STRUGGLING
- **DISCOUNTED FOOD SHOPS** - CAN BE FOUND AT THE FOLLOWING LOCATIONS;
  - **STOCKBRIDGE COMMUNITY HUB**, UNIT 2, LEACH CROFT IN STOCKBRIDGE VILLAGE – OPEN TUESDAYS 12NOON TO 2PM.
  - **THE PARK PANTRY COMMUNITY FOOD HUB**, THE PAVILLION, EATON STREET IN PRESCOT – OPEN WEDNESDAYS 11AM TO 2PM.
  - **COMMUNITY FOOD HUB AT COURT HEY PARK**, HUYTON - INCREDIBLE EDIBLE RUN A COMMUNITY FOOD HUB FROM COURT HEY PARK IN HUYTON OFFERING DISCOUNTED FOOD AS WELL AS HOME GROWN VEGETABLES. CALL IN ON TUESDAYS FROM 12PM UNTIL 2PM OR FRIDAYS FROM 11AM UNTIL 2PM

## OTHER SUPPORTIVE INFORMATION

- **APP - DRYV** - DRYV IS A FREE APP AND IS A FUN, POSITIVE AND VIBRANT ONLINE AND OFFLINE COMMUNITY, THAT WELCOMES ANYONE WANTING TO TRY AND LEAD AN ALCOHOL-FREE LIFESTYLE
- **GAMSTOP** - GAMSTOP IS A FREE TOOL THAT ENABLES PEOPLE WHO LIVE IN THE UK (GREAT BRITAIN AND NORTHERN IRELAND) TO EXCLUDE THEMSELVES FROM ALL LICENSED GAMBLING WEBSITES AND APPS.
- **[HTTPS://WWW.LIFEROOMS.ORG/](https://www.liferooms.org/)** - THROUGH THE LIFE ROOMS YOU CAN ACCESS:
  - **LEARNING:** A WIDE RANGE OF COURSES FOR POSITIVE MENTAL AND PHYSICAL HEALTH AS WELL AS CULTURAL AND CREATIVE OPPORTUNITIES
  - **SOCIAL PRESCRIBING:** PRACTICAL ONE-TO-ONE SUPPORT IN AREAS LIKE EMPLOYMENT, HOUSING AND DEBT
  - **INCLUSION:** SAFE AND WELCOMING ENVIRONMENTS
- **[HTTPS://WWW.MHM.ORG.UK/KNOWSLEY-SOCIAL-INCLUSION-SERVICE](https://www.mhm.org.uk/knowsley-social-inclusion-service)** - MENTAL HEALTH MATTERS (MHM) IS A NATIONAL CHARITY WITH OVER 35 YEARS OF EXPERIENCE IN DELIVERING HIGH-QUALITY MENTAL HEALTH AND SOCIAL CARE SERVICES