

Fourteenth Edition
2020

Back to Basics



tips to help you feed the family for less

The information in this booklet aims to help you save money and make your food dollar go further. There are basic hints on how to spend less on items such as meat and snack foods. Simple tips on stocking your pantry and easy recipes to match will help you to provide a variety of appetising meals and snacks within your budget.

*Produced by Public Health Community Nutrition Team,
Nutrition Department*



Health
Central Coast
Local Health District



Nutrition Services, Central Coast Local Health District
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If you have any comments or would like to know how to obtain further copies of this booklet, contact Nutrition Services, Central Coast Local Health District, PO Box 361 Gosford 2250, phone 02 4320 3691.

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CONTENTS

Tips for Saving Money on Food.....	1
Stock up the Food Cupboard	2
How to Spend Less Money on Meat	3-4
Feeding Baby or Toddler.....	5-6
Mid meals	7
Packed Lunches	8
How to	9-10
Food Safety and Hygiene	11-12
The Value of Vegetables	13
Easy Creamy Potato Soup	13

Savoury Recipes:

Sweet Potato & Butter Bean Soup.....	14
Minestrone Soup	14
Tomato and Bean Soup	15
Bread Based Meals	16
Noodle Omelette	17
Curried Vegetables and rice	18
Fish Cakes	19
Yoghurt Dressing	19
Fried Rice	20
Apricot beef	21
Hawaiian Chicken and Pasta.....	22
Marinade Recipes	23
Spicy Chicken Drumsticks	23
Mince Rissoles.....	24
Tasty and Easy Family Mince	25
Oodles of Noodles with Ham and Cheese	26
Pasta Mornay with Tomato Flavour	27
Potato Fritters	28
Potato and Sausage Pie	29
Savoury Mince and Rice	30
Savoury Vegetable Pancakes	31
Stir Fry Vegetables with Meat (Chow Mein).....	32
Sweet and Sour Chicken	33
Stuffed Sweet Potatoes	34
Tuna Mornay	35
Vegetable Slice	36
Zucchini Slice.....	37
Baked Vegetables	38
Mixed Vegetable Risotto	39
Spinach Frittata	40
Easy Jelly Dessert.....	41

Dessert Recipes:

Creamed Rice	42
Fruit Crumble.....	42
High Fibre Fruit Loaf	43
Scone Dough	44
Weetbix Slice.....	45
Rice Bubble and Oat Biscuits.....	46

<u>Healthy Weight</u> and 'Get Healthy Information	47-48
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TIPS FOR SAVING MONEY ON FOOD

1. Try to plan your meals for the next few days. Make a shopping list and try to stick to it.
2. For best price compare cost per 100g of different brands of the same food item. Cost per 100g is usually found under the food display.
3. Powdered milk costs less than fresh milk and is just as good for you as fresh milk. Long life (UHT) milk can also be good value.
4. Carefully chosen vegetables and fruit are good value especially when they are in season. Don't buy more than you need. Store correctly to avoid waste. See page 10 'How to store fresh vegetables'. Frozen vegetables can be good value.
5. Avoid spend money on biscuits, soft drinks, fruit juice and snack foods such as potato crisps. They can be expensive and are not part of a healthy diet.
6. Good between meal snacks include wholemeal or wholegrain bread, plain breakfast cereal, whole-meal pasta, fruit (not fruit juice), raw or cooked vegetables and reduced fat dairy foods.
7. Include cheaper cuts of meat. Choose carefully as cheaper meats with lots of fat and bone are not good value. Good quality mince is better value than fatty mince. See pages 3-4 'How to spend less on meat'.
8. Eggs can replace meat from time to time. Allow two eggs per person.
9. Non-meat meals using legumes (e.g. butter beans, soy beans) can be good money savers. Canned legumes are quick and easy to use.
10. Buying food in large amounts may save money. Before buying, make sure you have storage space and the food will not spoil before you have time to use it. If buying in bulk, don't leave yourself short of money for other essentials.
11. Check 'Use By' or 'Best Before' date to ensure food safety and avoid waste.
12. Make your own lunch for school or work.
13. Don't buy bottled water. Drink tap water. Quench thirst with water not juice.

STOCK UP THE FOOD CUPBOARD

Having a good selection of basic ingredients and foods in the cupboard should mean that you are always able to make a meal.

Take time to stock up on the following basic ingredients and food items. Buying everything at once could be too much for your food budget. There is no need to buy everything on the list. It is only a guide. Some items you may not want or you may wish to add extra food items.

Some items will need to be stored in the fridge e.g. margarine, cheese, and eggs.

UHT (long life) milk and UHT custard will need to be stored in the fridge after opening.

Rice	Evaporated milk
Legumes (raw) e.g. red lentils, chickpeas	Powdered milk
Canned legumes such as butter beans, soy beans	Soy sauce
Long life (UHT) milk and custard	Mixed herbs
Canned or packet soup	Tomato sauce
Barbeque sauce	Small bottle of vegetable oil
Canned corn kernels	Stock cubes or stock powder
Canned tomatoes	Gravy mix
Canned tuna or other canned fish	Salt & Pepper
Plain flour	Curry powder
Self-raising flour	Garlic, powdered or crushed
Sugar (white)	Small bottle of vinegar
Sugar (brown)	
Instant pudding mix	
Canned fruit	
Cheese	
Baked beans	
Spaghetti or macaroni (uncooked)	
6 eggs	
Margarine	

Wherever possible buy 'salt reduced' or 'no added salt' canned foods.

How To Spend Less On Meat (and still feed your family well)

Meat is part of a healthy diet. It provides protein, vitamins and minerals. The term 'meat' includes red meat (beef, kangaroo, veal and lamb) and white meat (chicken, pork). Lean red meat is a good source of iron so try to serve it at least three times a week. Try to have fish about three times a week, fresh or canned (salmon, tuna, sardines).

Save money on meat

- Include cheaper cuts of meat (round steak, chuck steak, blade steak, skirt steak and gravy beef). They may be tougher than more expensive meat but have the same food value.
- Choose lean meat with little or no bone. Why pay for fat and bone. Cheaper grades of mince can be very fatty and not good value. Sausages can be very fatty. Choose low fat sausages if available.
- Try not to buy more meat than you need. About 100 grams of raw meat is enough for one person. This is about the same as one medium rissole or one lean lamb chump chop.

To help make tough meats tender:

- ***Soak in a Marinade*** for 2-3 hours to help tenderize and add flavour. To make marinade, see recipes on page 23.

You can buy 'ready to use' marinades from the supermarket.

While meat is soaking in the marinade it should be covered and put in the fridge.

Throw left over marinade away as it will contain raw meat juices. These make marinade unsafe to use again.

- ***Cook slowly by moist cooking methods:*** Casserole, stew, use 'slow cooker' or pressure cooker. 'Cross cut' blade steak can usually be barbequed.

Make meat go further by adding other foods

When making rissoles or meat loaf you could add:

- Mashed or chopped up cooked vegetables.
- Grated raw vegetables such as potato, pumpkin, sweet potato, carrot, zucchini.
- Mashed legumes such as kidney beans, soy beans, butter beans or lentils. Canned legumes are easy to use and are usually cheap. You could buy raw legumes and cook them yourself. They may be cheaper but can take 45 minutes to cook and soften. See page 9 'How to cook legumes'.

Use about ¼ cooked vegetable or mashed legumes or cooked rice and ¾ mince.

When making stews or casseroles you could add any (or all) of the following:

- Chopped vegetables.
- Uncooked pasta (any type). Wholemeal pasta contains more iron and fibre than plain pasta.
- Legumes such as green and red lentils, kidney beans, lima beans, soybeans and chick peas. All raw legumes (except red lentils) **must** be cooked before adding to soups, stews or casseroles.

Red lentils do not have to be soaked or cooked before adding to soups, stews or casseroles. Add about one tablespoon of uncooked red lentils per serve (i.e. If the stew is to serve 4 people, add 4 tablespoons of red lentils)

Add about ¼ - ½ cup of any of the vegetables, legumes or pasta to each cup of meat.

Buying larger amounts of meat may save money. A two-kilogram pack of mince may be cheaper than a one-kilogram pack.

Before buying larger amounts of meat ask yourself:

- Do I have enough freezer space to store extra meat?
- Do I have suitable containers in which to freeze meat in meal size amounts?
- If I buy this larger amount of meat will I have enough money for other food items?
- Will I be tempted to serve larger amounts of meat (than needed) just because I have it?

Having a 'non- meat' meal a couple of times a week not only provides variety, it can be a money saver. 'Non- meat' meals should be based on legumes or eggs or cheese or tofu. See recipe section for ideas

FEEDING BABY OR TODDLER

- ***Breast milk or formula is all your baby needs in the first six months.***
- ***At around six months your baby needs more than just milk and most babies will show signs that they are ready for solid food:*** These include
 - good head and neck control
 - interest in food and opens mouth when offered food
 - food is not pushed out by their tongue
- ***Solid foods don't replace breastfeeding or formula:*** Your baby needs breastmilk or formula along with solids at least until their first birthday.
- ***At around six months your baby can have a range of solid food:*** baby rice cereal, soft fruit and cooked vegetables, cooked egg, cooked legumes (e.g. butter beans), full fat cheese and yoghurt, smooth nut pastes and spreads, chicken (no skin) red and white meat and fresh or canned fish (no bones). If available buy 'no added salt' canned fish in spring water.
- ***It is important to include foods that contain iron:*** These include baby rice cereal, red meat (beef, lamb and kangaroo). There is only a small amount of iron in white meat (chicken, fish), cooked plain tofu and legumes.
- ***First foods should be soft:*** Food can be mashed, minced, chopped or offered in pieces depending on how well your baby can chew and swallow. Meat may need to be pureed or chopped very finely. Learning to eat solid food will take time. If you puree baby's first foods, give pureed food for a short time only. It is important your baby learns to chew and experience different food textures.
- ***Buying baby foods can be expensive:*** They are convenient but do not provide a good variety of taste and texture. Best not to use them all of the time.
- ***Preparing food for your baby saves money.*** If family food is unsuitable to mash or you like to cook food just for baby, cook enough for a few meals. Freeze if keeping more than two days. Frozen food does not lose food value. Thaw in the fridge, not on the bench top.
- ***All meats for your baby should be well cooked,*** not rare or medium rare.
- ***How much food does your baby need?*** Your baby will let you know when they have had enough or if they don't like a food. New food may have to be offered over and over before your baby likes it and even then they may never like some foods, so don't stress.
- ***By about 12 months most babies will be eating suitable family food.***
- ***At 12 months of age, full cream cow's milk can be offered as a drink. Give babies under two years, full cream milk and dairy foods.*** Teach baby to drink from a cup at about six months of age.
- ***Don't bother with fruit juice.*** Fresh fruit is better. Fresh fruit has vitamins, minerals and fibre and encourages chewing.
- ***Water is best for quenching thirst.*** Drink tap water (no need to boil). It is cheap and won't cause tooth decay. No need to buy bottled water. Juice, cordial and soft drink are high in sugar and are not recommended.

- ***Finger foods can be offered when your baby is about six months old:*** As babies develop at different rates, some may not be able to manage finger foods until they are closer to 8 months. At 8 months babies are able to chew with their gums.

Finger food ideas include:

- Chunks of very soft fruit. Soft enough it can be squished by baby's hands e.g. soft avocado, ripe mango, ripe peaches, ripe plums, soft seedless watermelon and soft banana.
- Chunks of softly cooked vegetable e.g. carrot, sweet potato, potato. Soft enough to be 'squishy'.
- Finely grated cheese.
- When baby is about 8 months old try giving pieces of fruit that are large enough to be easily held by baby. Pieces need be large enough to prevent baby from pushing the whole piece into their mouth as this could cause choking.

Reduce the chance of choking by having baby calm and sitting still. If in a high chair, secure baby safely. Make sure there is no food left in baby's mouth when the meal is finished.

Foods that could choke include nuts, lollies, popcorn, whole peas, whole grapes, whole cherry tomatoes, small pieces of raw apple or raw carrot and whole cocktail frankfurts. Remove seeds and skin from fruit. Remove gristle, bones and skin from meat or chicken.

NO MATTER HOW 'CHOKESAFE' YOU THINK THE FOOD IS – ALWAYS SUPERVISE!

To help save money and provide good food for your child, remember:

- **Toddlers have small stomachs. Mid meals (snacks) help to satisfy hunger:** Good snack foods will provide extra vitamins, minerals and fibre. They include fruit, vegetables, wholemeal breads and cereals and dairy foods.
- **Have set eating times:** Grazing throughout the day can lead to over eating and tooth decay.
- **When you go out, take food with you:** Takeaway food costs more than food from home. You will have to organise yourself but it will be worth it. A banana is a great snack or lunch food. It comes in its own wrapping and doesn't need to be warmed. For foods that need to be kept cold, use an insulated food container with a 'freezer brick'.
- **Don't spend money on bottled water. Bottle your own tap water!**

If you think your baby or toddler may need extra vitamins or minerals or if you are worried about your child's eating habits, talk to your Doctor, Child and Family Health Nurse or a Dietitian.

MID MEALS (snacks)

Children can get hungry between meals. No matter what the age of the child, it is important that mid meal snacks are part of a healthy diet. Good snack choices are important for adults too.

Foods such as biscuits, potato crisps and other similar snack food have little or no food value and are costly. They are often high in fat or sugar or salt (or all three). Biscuits aren't filling so it is easy to eat too many. Not good for health, teeth or the budget.

Bread and cereals (especially wholegrain and wholemeal) are a cheaper and a much better choice than biscuits.

Flat breads such as wraps, Lebanese bread and pita bread can be dried then used as crackers. Place on a tray then bake in a low temperature until crisp. Once cool, break into smaller pieces and store in airtight containers.

Mid meals (or snacks) provide an opportunity to:

- eat more fruit and vegetables
- have dairy food for Calcium
- get more fibre from breads and cereals.

Mid meal ideas include:

- Cans of creamed corn, baked beans, spaghetti
- Soup - homemade, 'cup of soup', packet or canned (look for 'no added' or 'reduced' salt)
- Cooked pasta with a sprinkle of grated cheese. Wholemeal pasta is the best choice.
- Creamed rice (homemade or canned)
- Salad vegetables
- Fruit - fresh and canned
- Raw vegetables
- Cold or hot cooked vegetables e.g. potato, corn on the cob
- Plain breakfast cereal e.g. Weetbix™, Vitabrits™, puffed wheat
- Porridge - instant porridge is good for the quick snack. Traditional rolled oats are cheaper and will cook in about 10 minutes.
- Scones – especially if made with at least half wholemeal self- raising flour.
- Dairy foods e.g. custard (bought or homemade), yoghurt, milk, cheese
- Rice cakes & spread
- Wholemeal or wholegrain sandwiches. Fillings such as cheese, egg, cold meat, peanut butter.

Poor snack food choices can lead to poor eating habits and unwanted weight gain.

PACKED LUNCHES FOR PRESCHOOL, SCHOOL AND WORK

Whatever food is packed, it is important –

- That it is nutritious and there is enough to satisfy hunger.
- That food is appetizing, looks good and ‘travels’ well.
- That high risk food (e.g. egg, meat, soft cheese, yoghurt) are kept cold. Use insulated lunch bags with small freezer bricks, frozen milk drinks or frozen water. Sandwiches with fillings such as meat, egg, cheese, peanut butter and vegemite, can be premade and frozen.

Ideas for a Packed Lunch

Sandwiches: breads include pita, lavash, Lebanese, pocket bread, wraps, rye bread, sour dough bread, bread rolls and fruit bread. Choose wholegrain or wholemeal when available.

Suitable spreads and fillings include vegemite, peanut butter, cheese, lean cold meat, canned salmon or tuna, baked beans, spaghetti, creamed corn, egg, grated carrot with sultanas, and salad.

Vegetables: carrot sticks, celery sticks, snow peas, cucumber sticks, cold cooked vegetables e.g. jacket potato, sweet potato and corn on the cob. Pack a mixed salad (tomato, lettuce, cucumber etc.) or bean salad. To keep salads cold use insulated lunch bags with a ‘freezer brick’ or frozen water or frozen milk.

Vegetable Slices: These are a change from sandwiches. Pack carefully and keep cold. See recipe section for Zucchini slice and Vegetable slice.

Canned food: Small cans of spaghetti, baked beans, sweet corn, salmon and tuna. To save money, buy larger cans of these foods and place lunch size amounts into smaller plastic containers with firmly fitting or screw top lids. Don’t forget to pack a spoon.

Cold pasta and rice dishes: It is important to keep these foods cold. Use frozen water, frozen milk drink or ‘freezer brick’.

Drinks: Tap water is the best and cheapest thirst quencher. Small tetra boxes of long life milks do not need to be kept cold but can be frozen and packed in with lunch.

Fruit: If possible, pack fresh fruit. Small cans or tubs of fruit are suitable for lunch boxes. To save money, buy large cans of fruit and then put serve size amount in a smaller screw top plastic container for the lunch box.

Fresh fruit is better than juice. There is little or no fibre in juice. Even ‘no added sugar’ juice contains quite a bit of sugar (from natural sugar in fruit) and it is easy to drink too much. Fruit juice is not tooth friendly.

Treats: such as chips, chocolate, sticky fruit straps, muesli bars, sweet biscuits, doughnuts and soft drinks are high in sugar or fat or salt (or the lot). Often costly, these foods can cause tooth decay and unwanted weight gain. They provide very little or no nutrition.

HOW TO.....

How to cook raw legumes

Legumes include red kidney beans, haricot beans, soy beans, cannelloni beans, chickpeas, brown and red lentils. *Legumes double in bulk when cooked.* Cooked legumes freeze well

1. Soak legumes (except red lentils) in water for at least four hours. If soaking overnight, cover and place in fridge. Red lentils do not have to be soaked or cooked before adding to soups, stews or casseroles. They soften in 20 minutes
2. Drain off the soaking water and cover the legumes with fresh water.
3. Bring to the boil and boil with lid off until tender (about 45 minutes). Drain and use.

How to cook rice

One cup of uncooked rice makes about three cups when cooked Allow between $\frac{1}{4}$ - $\frac{1}{3}$ cup of uncooked rice per person. Put cooked rice in the fridge if not eating as soon as cooked. Do not leave at room temperature more than two hours. Cooked rice can be frozen.

Boiling Method:

1. Choose a saucepan large enough to hold about six cups of water for every cup of uncooked rice. Bring water to the boil, add rice. Stir until water comes back to boil
2. Boil with the lid off until rice is tender. Drain and use.

Absorption Method:

1. Place rice into large saucepan. Cover rice with water until it is at least five centimetres (about two inches) over the top of the rice.
2. Lid off, bring to the boil then turn heat down so water is just simmering. Place lid on.
3. Cook until rice is tender (about 20 minutes, brown rice will take a little longer).

How to cook pasta

One cup of uncooked macaroni becomes two cups of cooked macaroni. Allow $\frac{1}{4}$ - $\frac{1}{3}$ of a cup of uncooked pasta per person.

1. Choose a saucepan large enough to hold about four cups of water for every $1\frac{1}{2}$ cups of uncooked pasta.
2. Bring water to the boil, add the pasta. Stir until water comes back to the boil.
3. Boil, lid off until just tender (about 15 - 20 minutes). Drain and serve. Wholemeal pasta shapes cook in about 10 minutes and does not bulk up as much as white pasta. Wholemeal spaghetti takes up to 20 minutes. .
4. Put cooked pasta in the fridge if it is not going to be eaten soon after it is cooked. Cooked pasta can be frozen. Mix with a little oil or margarine or pasta sauce before freezing to help prevent pasta being 'gluggy' when thawed.

How to store eggs

Although fresh eggs don't have to be kept in the fridge, they will last longer if in fridge. If eggs have been refrigerated, continue to keep in fridge.

How to make a fruit smoothie

1. Milk can be fresh, long life (UHT), evaporated or powdered. Use about ½ cup of milk and about ¼ of a cup of fruit per person. If you have yoghurt, add one or two dessertspoons.
2. Choose fresh fruit that can be mashed easily e.g. ripe banana, ripe avocado or soft canned fruit. Frozen fruit can be used.
3. Mix ingredients using a blender or food processor. If you don't have either, just mash fruit well or use fruit puree, add milk then mix with a rotary beater, a whisk or a fork.

How to freeze raw meat

1. Freeze meat in meal size amounts. Wrap tightly (to squeeze air out) in plastic wrap or freezer bags. Write date and name of meat on each package.
2. Can be kept in freezer for about 3 months.

How to store raw meat in the fridge

1. Cover and place on the bottom shelf so that no raw meat juices drip onto other food.
2. Keep raw chicken, fish or minced meat in the fridge no longer than two days before cooking or freezing.
3. Other raw meats e.g. steak and chops, can be kept in the fridge for up to three days before cooking.

How to store fresh vegetables and fruit

1. Potatoes and onions - take out of plastic bag and store in a cool dark place.
2. Leafy and root vegetables such as spinach, lettuce and carrots should be left in a vented (small holes) plastic bag in the fridge to prevent wilting or going soft.
3. Store pumpkin pieces in a plastic bag in the crisper section of fridge.
4. Tomatoes can be placed straight into the crisper.
5. Fruit is usually OK out of the fridge however, in hot weather fruit will keep longer if in fridge. Place strong smelling fruit in sealed containers before putting in the fridge. Cover cut fruit before putting in fridge. If bananas are put in the fridge it will slow down the ripening. The skin goes brown but the inside is fine.

How to store leftovers or cooked food in the fridge

1. Cool food quickly by placing in flat containers. Cover and place in the fridge so that cold air can circulate around the food.
2. It is OK to put small amounts of hot food in the fridge. Wait until they have stopped steaming if possible
3. Left over cooked food should not be left out of the fridge for more than two hours (for only one hour would be best).

<i>Correct storage prevents waste and helps to keep food safe for eating.</i>
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Food Safety & Hygiene

Large numbers of bacteria in food (or the toxins they produce) can cause food poisoning,

Bacteria grow most easily in **HIGH RISK** foods. High risk foods include raw chicken, raw fish and other sea food, eggs, meat, dairy products, cooked rice and cooked pasta (especially if in a creamy sauce). High risk foods also include processed foods that contain eggs, beans, nuts or other protein rich foods (e.g. quiche, soy bean products).

Choosing, storing, handling and cooking high risk foods correctly will help to keep the food safe for eating.

Help prevent the spread of bacteria by

- Washing hands with soap and warm running water for about 20 seconds then dry properly
 - before preparing food
 - after going to the toilet
 - after smoking
 - after handling garbage
 - after touching pets
- Make sure that tea towels and dishcloths are clean
- Clean kitchen bench with hot water and detergent
- Cover food to protect from flies, dust and pets
- Use food tongs or other cutlery to handle cooked and 'ready to eat' food if possible.

Bacteria is already on some high risk foods so

- All meat to be served to young children, the sick and the elderly should be well cooked.
- Always cook chicken well. Cooked chicken juices should be clear, not pink or red.
- Cook all types of minced meat for at least 20 minutes.
- Raw chicken, fish or minced meat should not be kept in the fridge more than two days before cooking. Other meat e.g. steak and chops, can be kept for three days before cooking. Freeze if you want to keep longer.

Bacteria is easily spread from food to food (cross contamination) so

- Wash and dry hands properly after touching raw meat, chicken or fish.
- The chopping board and knife used for cutting up raw meat, chicken or fish should be washed thoroughly in hot soapy water then rinsed with hot water. Having a chopping board just for raw meat, chicken and fish is a good idea.
- Make sure that raw meat or meat juices don't touch or get on cooked and ready to eat foods. Store raw meat, chicken and fish on the bottom shelf of the fridge so juices do not drip onto other food.

Bacteria grow best at a temperature between 5°C - 60°C, the 'Danger Zone'. Room temperature is in the Danger Zone, so

- The fridge should keep food at or below 5°C.
- Use an Esky or an insulated bag to transport high risk foods especially if it takes more than one hour to get the food home and in the fridge.
- Pack school or work lunches in an insulated lunch box with a freezer brick or frozen drink.
- Don't buy hot, high risk foods such as chicken, meat pies or fish if it will be more than one hour before they are eaten.
- Don't leave leftover food out of the fridge or freezer for more than 2 hours. (One hour would be better, especially in hot weather).
- Hot food will cool more quickly if it is placed in flat containers. Food does not have to be cold before placing in fridge or freezer. Pack so cold air can circulate around each container
- Frozen fish, meat and chicken should be thawed in the fridge, **not** on the kitchen bench. They can be thawed in the microwave but must be cooked as soon as thawed because the flesh may be warm and so is in the *danger zone*. Whole chicken may take a couple of days to thaw in the fridge. Frozen casseroles and stews are best thawed in the fridge. They can be thawed in the microwave but once thawed, heat and serve.
- Place thawing meat, chicken or fish, on the bottom shelf of the fridge so that any liquid from the thawing food does not drip onto other food.
- To help with food safety, freeze and thaw raw chicken, meat and fish once only. Once cooked, freezing again is OK.
- Reheat food until it is steaming hot as quickly as possible. Only reheat food once.
- When high risk food has been left out of the fridge for more than three hours, *boiling will not make it safe to eat*. Boiling may destroy the bacteria but not the poisons (toxins) bacteria have produced.
- High risk food will still go 'off' in the fridge if kept too long. After three days in the fridge, it is wise to throw high risk food away. Food that has gone 'off' may not look or smell bad. Recording 'date opened' or 'date cooked' is a good ideal.

KEEP IT HOT OR KEEP IT COLD

IF IN DOUBT - THROW IT OUT!

THE VALUE OF VEGETABLES

Vegetables are good for you. Cooked or raw, fresh or frozen, vegetables provide vitamins, minerals and fibre and they are low fat. Vegetables are colourful and can be cooked or served in many ways (See recipe section for ideas).

Eating five different vegetables every day would be great especially if you can manage ½ cup of each. Of course, this amount will vary with age and appetite but remember, some is always better than none. Five serves may seem like a lot but you can count salad vegetables and canned vegetables such as mushrooms, sweet corn, baked beans, chick peas, 4 bean mix, butter beans and lentils.

One serve is ½ cup of cooked vegetable or one cup of salad.

While variety is important, children may be hard to convince. All you can do is, keep trying. Eventually your child is probably going to eat more than mashed potato!

You are never too old to start eating vegetables and enjoying the health benefits.

Why not start by making the easy soup and vegetable recipes in this book

EASY CREAMY POTATO SOUP

Recipe serves 2 -4

Preparation time: 30 minutes

Ingredients

3 medium potatoes
375 ml can evaporated milk
3 teaspoons chicken stock powder
½ cup milk

Method

1. Wash and peel potatoes (no need to peel smooth skinned potatoes)
2. Cut potato into chunks and boil until soft
3. Drain and mash potato then add all other ingredients
4. Gently reheat, stirring from time to time

Ideas & Hints

- Crushed stock cubes can be used instead of stock powder. If you don't have chicken stock, beef or vegetable stock can be used
- Sweet potato or pumpkin could replace potato. A combination of these vegetables could be used
- This soup will keep in the fridge for up to 3 days
- This soup freezes well

SWEET POTATO AND BUTTER BEAN SOUP

Recipe serves 4

Preparation time: 20 minutes

Ingredients:

2 cups of cooked and mashed sweet potato or pumpkin
1 onion or shallot, chopped finely
400g can chopped, diced or crushed tomatoes
400g can butter beans (no need to drain)
1 teaspoon of turmeric (if you have it)
2 cups chicken stock

Method:

1. Combine all ingredients in a saucepan
2. Bring to the boil, turn heat down and simmer gently for 10 minutes. Stir occasionally

Ideas & Hints

- Add extra vegetables e.g. canned or frozen corn kernels, frozen peas, grated zucchini, extra canned legumes such as red kidney beans and chick peas.
- Chicken stock could be made from stock powder or cubes (follow directions on package), or buy ready to use liquid stock.

MINESTRONE SOUP (a meal in itself)

Recipe serves 6

Preparation time: 30 minutes

Ingredients:

2 carrots, peeled and chopped or thinly sliced
2 potatoes, peeled and chopped into small pieces
2 onions, chopped
1 cup uncooked barley or rice
½ cup split peas (optional)
1 cup macaroni (try wholemeal pasta)
400g can red kidney beans or lima beans or baked beans (no need to drain)
6 cups water

Method:

1. Place all ingredients in a large saucepan, bring to the boil.
2. Turn heat down, simmer gently for 20 minutes. If using barley, check it is soft. Add more water if soup gets too thick.

Ideas & Hints:

- Use or include other vegetables such as sweet potato, pumpkin, frozen corn and peas, chopped up spinach.
- Use red lentils instead of split peas. Red lentils cook faster than split peas.

TOMATO & BEAN SOUP

Recipe serves 4 - 6

Preparation time: 15 minutes

Ingredients:

420g can condensed tomato soup (not 'ready to heat and eat' type)
400g can tomatoes (chopped or crushed)
420g can baked beans
1½ cups water
1 small onion finely chopped or grated (optional)
¼ cup chopped parsley (if you have it)

Method:

1. Combine all ingredients in a large saucepan, bring to the boil, turn the heat down and simmer gently for 5 minutes.
2. Serve with bread or toast.

Ideas & Hints:

- Left-over cooked macaroni, cooked rice or cooked barley could be added.
- An extra can of legumes such as red kidney beans, butter beans or soy beans could be added
- ½ teaspoon of dry mixed herbs could be added for extra flavour.
- In summer, this soup could be served cold.

BREAD BASED MEALS

Bread can be used as a basis for quick easy and nutritious meals. Choose wholemeal, whole-grain or high fibre bread if possible.

Ideas

1. Toasted Sandwiches (*Breville/jaffle type*)

Choose fillings that cook quickly or are already cooked e.g. tomato with cheese, canned fish with finely chopped onion, baked beans, canned spaghetti, canned sweet corn and canned mushrooms, left- over cooked meat or vegetables.

2. Hamburgers.

The burger could be mince rissoles (beef, lamb, kangaroo), lentil patties or fish cakes. Have lots of salad in or with your hamburger. Try not to buy cheapest quality mince as it can be very fatty and not good value. Choose wholemeal or wholegrain buns if possible.

3. Bread parcels

These can be served alone, with salad or vegetables Use 'flat' bread such as lavash, tortilla wraps, Mountain bread and Lebanese bread. If Lebanese bread is used, it may have to be split in half so it is not too thick to roll up.

Place filling onto the centre of the bread then wrap filling up making a bread parcel. Grease or line an oven tray with baking paper. Place parcels on oven tray so that the weight of the filling stops the parcel unwrapping. Bake in a moderate oven (180°C) for 10 - 15 minutes.

Suitable fillings include cooked mince or other left-overs, chopped up cooked meat, baked beans, spaghetti, left-over cooked vegetables with cheese, canned stew, grated carrot with grated zucchini and shredded cabbage.

4. Bread pizza bases.

English muffins, lavash, wraps, or Lebanese bread could be used as the base.

Brush the bread base with tomato paste, place on topping. If using Lebanese bread you can bake in a moderate oven for about 2 minutes before topping. Topping should not be too sloppy. Toppings ideas include well drained pieces of pineapple, chopped capsicum, sliced mushrooms, halves of cherry tomatoes, cooked mince, chopped up ham, chopped up cooked chicken. Vegetables such as cooked sweet potato, grated zucchini, well drained canned legumes and canned baked beans (with most of the sauce drained off). Sprinkle with cheese, place in moderate oven (180°C) for 10 - 15 minutes.

5. 'Something' on toast

Scrambled eggs, cooked mince, left over curry, sweet corn, spaghetti, baked beans, canned mushrooms and leftover vegetables topped with cheese.

All of these bread-based meal ideas could be served with salad or extra vegetables.

NOODLE OMELETTE

Recipe makes 2 generous serves

Preparation time: 30 – 40 minutes

Ingredients

1 packet of 2 minute noodles
1 ½ cups cooked or soft vegetables (see Ideas and Hints)
2 eggs, beaten
95g can salmon or tuna OR 2 slices ham, chopped
1 – 2 tablespoons oil

Method

1. Place noodles in a bowl, cover with boiling water, stand 5 minutes
2. Drain and separate noodles then mix with all other ingredients
3. Heat oil in frying pan, pour in the omelette mix, cook using low to moderate heat, lid on, until set (about 15 minutes)

Ideas & Hints

- Suitable soft vegetables to add include cut up cooked vegetables, canned legumes such as butter beans, grated zucchini, sliced mushrooms, frozen corn or peas (thawed). Drain canned vegetables well before adding.
- For a flavour change add 1 – 2 teaspoons of curry powder **or** 1 tablespoon parmesan cheese

BEAN BURGERS

Recipe serves 4 – 6

Preparation time: about 30 minutes (once the potato is cooked)

Ingredients

6 medium potatoes, cooked and mashed
400g can butter beans, drained and mashed
1 clove garlic
2 eggs, beaten
½ cup rolled oats or ½ cup fresh bread crumbs

Method

1. Mix all ingredients together
2. Shape into burgers using about 2 tablespoons of mixture, roll in breadcrumbs and flatten slightly
3. Place burgers onto greased oven trays. Baking paper can be used instead of greasing
4. Bake in a moderate oven for about 30 minutes
5. Serve on hamburger buns with salad

Ideas & Hints

- Burgers can be cooked in a lightly greased frying pan. They will need to be turned over after about 5 minutes
- Bean burgers can be served with extra vegetables or salad for a non- meat meal

CURRIED VEGETABLES AND RICE

Recipe serves 4 – 6

Preparation time: 30 minutes

Ingredients:

5 cups chopped vegetables (fresh, frozen, canned or leftovers).
3 teaspoons curry powder
3 tablespoons gravy mix
1½ cups rice

Method:

1. Put rice on to cook.
2. While rice is cooking cut vegetables into chunks or slices. Potato is best if chunked.
3. Put all vegetables into the saucepan. Sprinkle with gravy mix and curry powder.
4. Add 1½ cups of water and stir.
5. Bring to the boil, turn the heat down, place lid on and cook gently for 5-10 minutes or until vegetables are tender. Stir occasionally.
6. Do a taste test and add more curry if needed. Only add one extra teaspoon of curry powder at a time. If liquid is not thick enough add extra gravy mix. Blend the gravy powder with a little cold water before adding. If curry is too thick, add more water.
7. Serve with boiled rice.

Ideas & Hints:

- Allow about ¼ cup of uncooked rice per person (see page 9 ‘How to Cook Rice’).
- Add a can of baked beans or red kidney beans to make curry go further and improve food value. You may need to drain before adding. Don’t bother to drain if the curry is very thick and would need thinning anyway.
- Any cooked meat, chicken or fish could be added – a good way to use up ‘leftovers’.
- If serving more than four people add extra vegetables and cook more rice. Allow about one cup of vegetables per person. Add extra curry powder and gravy mix if necessary.
- If you don't like curry, leave it out.
- Serve with pasta instead of rice. Wholemeal pasta will increase the fibre and iron content of the meal. Small wholemeal pasta shapes cook in about 10 minutes. Wholemeal spaghetti may take up to 20 minutes. When cooked, wholemeal pasta does not bulk up as much as white pasta.

FISH CAKES

Recipe serves 4 - 6

Preparation time: 35 minutes

Ingredients:

5 medium potatoes, cooked and mashed
425g can salmon or tuna, drained and mashed
2 eggs, beaten
1 onion, chopped
1 cup dry breadcrumbs or two crushed breakfast biscuits e.g. Weetbix™
A little oil for frying

Method:

1. Mix potato, fish, onion, and eggs together.
2. For each fish cake, roll about two tablespoons of the mix in breadcrumbs or crushed breakfast biscuit. Flatten slightly.
3. Heat a small amount of oil in a frypan. Using moderate heat, cook fish cakes for about five minutes on each side.
4. Serve with vegetables or salad.

Ideas & Hints:

- For a flavour change, add about 2 teaspoons of curry powder.
- Cold fish cakes make a tasty sandwich filling.

YOGHURT DRESSING

Dressing is easy to make. It can be used on fish or cold meat or with salad.

Place in a covered container and store in the fridge for up to 3 days

Ingredients

1 cup plain yoghurt
1 tablespoon lemon juice or orange juice
¼ teaspoon turmeric **or** ¼ teaspoon curry powder

Method:

Mix all ingredients together until smooth

FRIED RICE

Recipe serves 4-6

Preparation time: 45 minutes

Ingredients:

2 cups rice (brown or white)
1/3 cup oil
2 medium onions or 4 shallots, chopped
4 eggs, hard boiled
1 cup corn kernels, frozen or canned
1 cup frozen peas
1 large carrot, thinly sliced, chopped or grated
1 tablespoon soy sauce

Method:

1. Cook rice until tender (see page 9 'How to cook rice')
2. While rice is cooking, heat oil in a frying pan or an electric fry pan. Partly cook onion then add all other vegetables. Place lid on and cook gently until vegetables are just tender.
3. Add drained rice to the vegetables and mix through. Add the soy sauce. Reheat if necessary.
4. Serve topped with sliced or chopped egg.

Ideas and Hints

- If you have extra people cook an extra 1/3 cup rice per person and add 1/2 cup vegetables per person. You could also cook more eggs. The vegetables listed in the recipe are suggestions only. You may like to use different or more vegetables. Chop or grate vegetables so that they stir fry quickly and easily.
- Add salmon or tuna or chopped up left-over cooked meat or chicken. This will not only be a variation, it will add extra protein.
- Add a can of mixed beans or other legumes (drained). If not using any meat or fish the bean mix or legumes provide protein.
- Instead of mixing rice and vegetables together, the rice could be served separately.
- If using canned vegetables, buy reduced salt or no added salt varieties. Drain before adding.

APRICOT BEEF

Recipe serves 4 – 6

Preparation time: 1 – 1 ½ hours

Ingredients:

500 grams round, blade or chuck steak
1 onion, chopped or 1 shallot, chopped
1 teaspoon curry powder
200 ml apricot nectar
100ml water
2 tablespoons tomato sauce
2 teaspoons vinegar (leave out if you don't have any)
2 carrots, diced or sliced
¼ cup red lentils
100 grams chopped dried apricots (leave out if you like)

Method:

1. Trim fat from the meat and cut meat into bite sized chunks
2. Combine all ingredients in a large saucepan. Bring to the boil, turn heat down and simmer gently, lid on until tender (about 1 hour). Stir occasionally. Add more liquid if necessary.

Ideas and Hints:

- Lamb could be used instead of beef. Cooking time would probably be shorter.
- Serve with rice or pasta and extra vegetables or salad
- Could be cooked in a slow cooker or in a casserole dish in a moderate oven for about 2 hours. Extra vegetables could be added if cooking by these methods.

HAWAIIAN CHICKEN AND PASTA

Recipe serves 4 - 6

Preparation time: 20 minutes

Ingredients:

3 cups macaroni (or other pasta).
420g can tomato soup condensed (not 'ready to heat and eat' soup)
450g can pineapple pieces
1 cup frozen or canned peas **plus** 1 cup frozen corn or canned corn
1 small cooked chicken

Method:

1. Cook macaroni in boiling water.
2. Remove skin and any visible fat from the chicken.
3. Take chicken off the bone and cut into chunks.
4. Place condensed soup, pineapple pieces plus the juice, peas and corn, cooked pasta and chicken meat into a saucepan.
5. Bring to the boil, turn heat down. Place lid on and simmer gently for five minutes.

Ideas & Hints:

- Cooked chicken thigh fillets or chicken breast can be used instead of a whole chicken.
- Other cooked meat could be used. Canned salmon or tuna is also suitable.
- Add extra vegetables such as chopped celery, chopped capsicum or chopped carrot. A small can of drained legumes such as butter beans or chick peas could also be added.
- If using canned vegetables, buy 'reduced salt' or 'no added salt' if available.
- If you don't have (or like) tomato soup, use a different type of soup.
- Wholemeal macaroni (or other pasta) will provide extra iron and fibre. Small wholemeal pasta shapes cook in 10 minutes. Wholemeal spaghetti may take up to 20 minutes. When cooked, wholemeal pasta does not bulk up as much as white pasta.

MARINADE RECIPES

Marinades are used to flavour and tenderise meat. Plan ahead and leave tough meat in the marinade for at least four hours or overnight. Meat, chicken or fish soaking in marinade should be covered and placed in the refrigerator.

The marinade in recipes make enough for amount of meat needed to serve four people. Ingredient amounts don't have to be very accurate.

Golden Marinade

1 tablespoon brown sugar
1 teaspoon crushed garlic
2 teaspoons vinegar
¼ cup pineapple juice
¼ cup soy sauce

Sauce Medley Marinade

4 tablespoons tomato sauce
2 tablespoons of barbeque sauce
2 tablespoons soy sauce
2 teaspoons sweet chilli sauce
2 teaspoons Worcestershire sauce
2 teaspoons crushed ginger

If you don't want to make either of the marinade recipes, make up your own recipe. Sauces that could be used e.g. tomato sauce, soy sauce, Worcestershire sauce and barbeque sauce.

Ready to use marinades are available at the supermarket.

Throw away left over marinade as it contains raw meat juices. This is a food safety problem.

SPICY CHICKEN DRUMSTICKS

Recipe serves 4 – 6

Preparation time: 30 – 45 minutes

Ingredients:

Chicken drumsticks – 1 or 2 per person
½ cup Teriyaki sauce or Hoy Sin sauce
½ cup tomato sauce

Method:

1. Mix sauces together
2. Place drumsticks in a baking dish and pour over the sauces. Bake in a moderate oven for about 30 – 40 minutes. Chicken juices should be clear (not pink)

Ideas & Hints:

- Chicken thigh fillets could be used instead of drumsticks. Remove visible fat
- Why not use one of the above marinade recipes instead of the Teriyaki / tomato sauce mix

MINCE RISSOLES

Recipe serves 4 – 6 (12 – 15 rissoles)

Preparation time: 40 minutes

Ingredients:

500g good quality mince (any type - beef, pork, lamb or kangaroo)
1 medium onion, chopped
2 eggs, beaten
2 teaspoons curry powder (if you like)
2 tablespoons of tomato or barbecue sauce
1 cup of rolled oats or 1 cup crushed breakfast biscuits

Method:

1. Mix all the ingredients together.
2. Make rissoles using about 2 tablespoons of mixture for each rissole, roll into a ball then, flatten slightly.
3. Cook rissoles in a lightly greased (use a little oil), moderately hot electric frypan or frying pan for about eight minutes on each side (depending on thickness).
4. Serve with vegetables or salad.

Ideas & Hints:

- Rissoles can be baked. Place them in a lightly greased baking dish and place in a moderate oven (180°C) for about 30 minutes. They could be turned over halfway through the cooking time if you like.
- Make into ***meat loaf***. Lightly grease and line the bottom of a loaf tin or casserole dish. Put meat mixture into baking tin or casserole dish. Bake in moderate oven for 45 – 60 minutes. The length of cooking time will depend on the thickness of the meat loaf.
- Mince meat dishes should be well cooked. The meat should not be served rare.
- Make ***hamburgers*** by flattening rissoles before cooking then serve on warmed or toasted hamburger buns or thickly sliced toasted bread.

TASTY AND EASY FAMILY MINCE

Recipe serves 4- 6

Preparation time: 30 minutes

Ingredients:

500g good quality mince
¼ small cabbage, finely sliced or shredded
½ cup chopped celery or green beans cut into chunks
1 onion, chopped or 1 shallot, chopped
2 medium carrots or 1 large carrot, chopped, grated or thinly sliced
1 tablespoon soy sauce or Worcestershire sauce or barbeque sauce
1 tablespoon oil
2 beef cubes crushed or 2 dessertspoons of beef stock powder
2 teaspoons curry powder (leave out if you like)
Rice or pasta

Method:

1. Heat oil in a large saucepan or a frying pan or an electric fry pan. Add meat and onion using moderate heat, brown the meat.
2. Add all other ingredients (except cabbage). Simmer gently for 15 minutes.
3. While the meat is cooking, cook rice or pasta. See page 9 for how to cook
4. Add cabbage to mince. Reduce heat and cook gently for another 5 minutes.
5. Serve with rice, pasta, quick cooking noodles or toast.

Ideas & Hints:

- Add different (or more) vegetables. They could be frozen, fresh or cooked leftovers.
- 1 teaspoon of Vegemite™, Promite™ or Marmite™ can be used instead of the beef cubes
- Leave out the curry powder if you don't have any or if you don't like curry
- Allow ¼ cup rice or ⅓ cup pasta per person.
- If serving with pasta, wholemeal pasta will increase the fibre and iron content of the meal. Small wholemeal pasta shapes cook in about 10 minutes. Wholemeal spaghetti may take up to 20 minutes. When cooked, wholemeal pasta does not bulk up as much as white pasta.
- The dark green outside leaves of a lettuce can be used instead of cabbage. Wash well, shred and add just before serving. There is no need to cook any more once lettuce is added.

OODLES OF NOODLES WITH HAM AND CHEESE

Recipe serves 4-6

Preparation time: 40 minutes

Ingredients:

½ a 250g packet of egg noodles
4 slices of lean ham, chopped
1 ½ cups of grated cheese
1 ½ cups of milk
3 eggs, beaten
¼ cup plain yoghurt (if you have any)
1 small onion, chopped or 1 shallot, chopped

Method:

1. Cook noodles in lots of boiling water until just tender, drain.
2. Combine noodles and all other ingredients.
3. Pour into greased baking dish and cook in a moderate oven (180°C) until set. This will take about 20 minutes.
4. Serve with vegetables or salad.

Ideas & Hints:

- Any type of pasta can be used instead of egg noodles (spaghetti, macaroni, pasta shells).
- Wholemeal pasta will by add fibre and extra iron. Small wholemeal pasta shapes cook in about 10 minutes. Wholemeal spaghetti may take up to 20 minutes
- Powdered, fresh, long life (UHT) or evaporated milk can be used.
- Serve hot or cold. Good for lunch box but will need to be kept cold so, pack with a frozen drink or small freezer brick.
- About 1 cup of vegetables could be added, e.g. frozen peas or corn, grated carrot, grated zucchini or grated sweet potato.
- You could leave out the ham and replace with legumes to make a non - meat meal. Suitable legumes include butter beans, red kidney beans and chick peas (use a 400g can of legumes and drain before adding)
- Skim or fat reduced milk is suitable.

PASTA MORNAY WITH TOMATO FLAVOUR

Recipe serves 4-6

Preparation time: 40 minutes

Ingredients:

1 tablespoon margarine or 1 tablespoon oil
1 onion, chopped
420 can of condensed tomato soup (not 'ready to heat and eat' soup)
1 cup milk
4 eggs, beaten
1 ½ cups grated cheese
2 ½ cups pasta, preferably wholemeal (spiral, elbows or bows)

Method:

1. Place pasta on to cook in lots of boiling water. Drain when tender.
2. While pasta is cooking melt margarine in a large saucepan. Add onions and cook until soft.
3. Add the condensed soup and the milk to onions. Heat through and remove from hotplate.
4. Add the cheese, pasta and beaten eggs stirring all the time. Reheat but **do not allow to boil**.
5. Serve with salad or vegetables.

Ideas & Hints:

- For a flavour change, replace condensed tomato soup with condensed chicken soup.
- You could add salmon, tuna or left-over cooked chicken.
- You could leave the cheese out if you like.
- Wholemeal pasta will increase the fibre and iron content of the meal. Small wholemeal pasta shapes cook in 10 minutes. Wholemeal spaghetti may take up to 20 minutes. When cooked, wholemeal pasta does not bulk up as much as white pasta.
- For a complete meal, add vegetables, about ½ cup per person. Suitable vegetables include left-over cooked vegetables, canned or frozen vegetables, chick peas, butter beans or soy beans (drain before adding).

POTATO FRITTERS

Recipe serves 4 - 6

Preparation time: 30 minutes

Ingredients:

1 large onion finely chopped or 1 shallot finely chopped
5 medium potatoes, washed, peeled and grated (grate just before adding to other ingredients)
2 eggs, beaten
½ teaspoon curry powder (if you like)
¾ cup self- raising flour
A little oil. Just enough to lightly grease the frying pan or electric fry pan

Method:

1. Mix all ingredients together.
2. Heat the oil in an electric fry pan or frying pan.
3. Use about two tablespoons of mixture to make each fritter.
4. Place fritters into fry pan and cook using moderate heat.
5. A lid on the pan will slightly cook top of fritters and make it easier to turn them over.
6. Cook fritters until underside is brown then turn them over. Potato fritters should take about 15 minutes to cook properly.

Ideas & Hints:

- Use half potato and half sweet potato for a flavour change
- No need to peel smooth skin potatoes, just wash well then grate
- Cooked mashed potato could be used instead of grating raw potato. Cooking time will be a little less, about 10 minutes. Everything else will be the same
- Serve potato fritters with salad or vegetables
- Left over fritters can be warmed up and used to make hamburgers.

POTATO AND SAUSAGE PIE

Recipe serves 4-6

Preparation time: 45 minutes

Ingredients:

3 large or 4 medium potatoes
½ cup grated cheese
2 tablespoons milk
1 onion, finely chopped or 1 shallot finely chopped
6 thick sausages
Gravy powder, enough to make one cup of gravy

Method:

1. Pierce sausage skins, gently boil in a saucepan of water for 10 minutes.
2. Peel potatoes thinly, cook until soft. Add the milk then mash.
3. Remove sausages from the water and slice them thinly
4. Place sliced sausage in a pan (no oil) and cook for about 3 minutes
5. While sliced sausage is cooking, make one cup of gravy
6. Drain off any fat that has come out of sausages. Add onions and stir in the gravy
7. Place sausage mix into baking dish and top with the mashed potato.
8. Sprinkle the cheese over potato.
9. Bake in a moderate oven (180°C) for about 15 minutes or until hot.

Ideas & Hints:

- Buy low fat or reduced fat sausages if possible.
- Make sure that the sausages are well cooked before adding the gravy as this will help to remove as much fat from the sausages as possible
- Bolognaise sauce may be used instead of gravy
- Mince or chopped up cooked meat or chicken can be used instead of sausages
- Add extra vegetables including legumes such as butter beans or baked beans
- Serve with vegetables, salad, rice or pasta. Wholemeal pasta will increase the fibre and iron content of the meal. Small wholemeal pasta shapes cook in 10 minutes. Wholemeal spaghetti may take up to 20 minutes. When cooked, wholemeal pasta does not bulk up as much as white pasta.

SAVOURY MINCE AND RICE

Recipe serves 4-6

Preparation time: 40 minutes

Ingredients:

1½ cups rice
500g good quality mince
1 large onion, chopped **or** 1 shallot, chopped
1 clove crushed garlic
3 tablespoons tomato paste
2 large carrots, grated

Method:

1. Cook rice. (See page 9 'How to cook rice')
2. While rice is cooking, gently simmer all other ingredients together for about 20 minutes.
3. Mix drained cooked rice with the meat (or serve rice separately)
4. Serve with vegetables or salad.

Ideas & Hints:

- Browning the mince before mixing with other ingredients will add flavour
- Add extra vegetables if you like e.g. peas, corn, grated zucchini, grated sweet potato, grated pumpkin and legumes such as canned chick peas and butter beans.
- You could use half the amount of mince and replace with about two cups of legumes such as red kidney beans, chick peas, soya beans or butter beans (2 x 400 g cans)).
- If you use brown rice allow about 30 minutes for it to cook properly
- Savoury mince can be served with pasta or barley instead of rice (see page 9 for how to cook). Wholemeal pasta will increase the fibre and iron content of the meal. Small wholemeal pasta shapes cook in 10 minutes. Wholemeal spaghetti may take up to 20 minutes. Cooked wholemeal pasta does not bulk up as much as white pasta.

SAVOURY VEGETABLE PANCAKES

Recipe serves 4-6

Preparation time: 40 minutes

Ingredients:

2 eggs
2 cups milk
1½ cups self- raising flour
½ cup corn kernels (frozen or canned)
1 small carrot, grated
1 stick celery, finely chopped **or** 1 cup chopped up green beans
1 small onion, finely chopped **or** 1 shallot, chopped
1 tablespoon chopped fresh parsley (if you have it)
Oil for greasing

Method:

1. Beat eggs and milk together then slowly add to the flour, mixing all the time to make a smooth batter.
2. Add the vegetables and parsley to the batter.
3. For each pancake drop 2 tablespoons (about ¼ cup) of batter onto a lightly greased, moderately hot frypan. You can cook more than one at a time, but allow plenty of room as you don't want the pancakes to touch each other.
4. Turn pancakes over after 'bubbles' have come to the surface and burst.

Ideas & Hints:

- Any vegetables are OK as long as they cook quickly or are already cooked e.g. Grated zucchini, frozen peas or chopped up cooked vegetables.
- You could add some chopped up cooked meat as well as the vegetables
- You could leave out vegetables and only add chopped cooked meat or chicken. Serve with salad or vegetables.

STIR FRY VEGETABLES WITH MEAT

Recipe serves 4 – 6

Preparation time: 40 minutes

Ingredients:

500g of good quality mince
1 large onion, sliced or chopped or 1 shallot, sliced
¼ small cabbage
2 zucchini
1 large carrot
½ cup frozen peas
½ cup frozen or canned corn
½ cup cauliflower pieces
½ cup broccoli pieces
1½ cups rice

These vegetables are only suggestions, any vegetable that cooks quickly could be used, Include legumes such as chick peas, butter beans, red kidney beans etc. Drain before adding
Allow about ¾ - 1 cup of vegetables for every person.

Method:

1. Cut the vegetables into thin strips, slices or pieces and shred the cabbage.
2. Put rice on to cook. (See page 9 'How to cook rice')
3. Fry the onion and meat until the meat is brown. You may like to put a small amount of oil in the pan first. Just a smear of oil is enough. Cook for about 10 minutes.
4. Add all the vegetables, *except* the cabbage. Put lid on, cook gently for another 10 minutes.
5. Fold the cabbage through and cook for one more minute.
6. Serve with rice.

Ideas & Hints:

- Vary this recipe by using chicken, tuna, or cooked leftover roast meat instead of mince
- For a flavour change add crushed garlic and/or chopped ginger to taste
- A can of legumes (about 400 g) such as butter beans, chick peas or red kidney beans could be added. Drain before adding
- Any vegetables can be used as long as there is at least 4 cups

SWEET & SOUR CHICKEN

Recipe serves 4 – 6

Preparation time: 30 minutes

Ingredients:

1 cooked chicken
1 cup water
1 chicken stock cube **or** 2 teaspoons chicken stock powder
 $\frac{1}{3}$ cup vinegar
 $\frac{1}{2}$ cup tomato sauce
2 tablespoons sugar **or** honey
3 tablespoons soy sauce
2 tablespoons of cornflour
1 onion chopped **or** 1 shallot, chopped
2 carrots chopped into small pieces or sliced thinly
1 cup of beans (frozen or fresh), chopped into small pieces
1 cup of corn kernels (frozen or canned)
1 medium can pineapple pieces (use the juice too)

Method:

1. Remove the skin and fat from the chicken.
2. Take chicken meat off the bones and cut it into bite size pieces.
3. Place all ingredients (*except cornflour*) into a saucepan and bring to the boil. Turn down heat so that the mixture is just simmering slowly.
4. Mix the cornflour with a small amount of cold water to make a smooth, runny, paste. Slowly stir this into the chicken and vegetables.
5. Simmer gently until carrot is cooked (about 5 minutes) If the result is too thick, just add a little more water. If the result is too thin, add another tablespoon of cornflour but you will have to mix it with a little cold water to make a smooth pourable paste before adding. Then simmer for 2 more minutes before serving
6. Serve with boiled rice (allow $\frac{1}{4}$ cup uncooked rice per person) or pasta (allow $\frac{1}{3}$ a third of cup of uncooked pasta per person).

Ideas & Hints:

- Instead of chicken you could use any cooked meat, cooked fish or canned fish.
- Most vegetables, including legumes, are suitable to be added to this recipe. Just make sure they are cut up small enough to cook or heat through, in about 10 minutes. Allow about $\frac{1}{2}$ cup of vegetables per person.
- If serving pasta, try wholemeal pasta as this will increase the fibre and iron content of the meal. Small wholemeal pasta shapes cook in 10 minutes. Wholemeal spaghetti may take 20 minutes. When cooked, wholemeal pasta does not bulk up as much as white pasta.

STUFFED SWEET POTATOES

Sweet potato is a great source of beta-carotene which the body turns into vitamin A. This recipe could be used for breakfast, lunch or dinner. Serves 4 - 6

Ingredients

4-6 medium-large sweet potatoes
500g lean mince
2 onions, diced
500g raw spinach
½ tsp garlic powder
Pinch of pepper
1 tablespoon sage, chopped
1 tablespoon basil, chopped
½ cup grated cheese
½ cup light sour cream (optional)

Method

1. Preheat the oven to 180°C.
2. Wrap sweet potatoes in foil and bake for 45-60 minutes until soft.
3. Meanwhile, cook the mince in a large frypan on medium heat. When almost browned, add the onion until soft, then add the spinach. Sauté until cooked, then add seasoning and spices to taste.
4. When the sweet potatoes are ready (and soft), remove from the oven and cut in half lengthwise.
5. Spoon out some of the sweet potato from the middle of each sweet potato half and mix with the cooked mince stuffing mixture. Arrange the sweet potato halves in a large baking dish or on a baking tray. Add a big scoop of the stuffing mixture to the middle of each sweet potato.
6. Top with cheese and return to the oven for about 10 minutes to incorporate the flavours and melt cheese.
7. Top with sour cream (if using) and serve

Hint and Ideas:

You can use any kind of meat for the mince.

TUNA MORNAY

Recipe serves 4 - 6

Preparation time: 40 minutes

Ingredients:

1½ cups rice
425 g can tuna, drained
420 g can condensed asparagus soup **or** condensed chicken soup (not 'ready to heat and eat')
1 large tomato, chopped
1 onion chopped finely **or** 1 shallot chopped finely
1 cup grated cheese
Oil or margarine for greasing oven dish

Method:

1. Mix the tuna, soup, tomato and onion and half of the cheese together.
2. Pour into a greased oven dish and sprinkle with remainder of grated cheese.
3. Place in a moderate oven (180°C) for about 20 minutes to heat through.
4. While mornay is in the oven heating, cook the rice (see page 9 "How to Cook Rice")
5. Serve mornay with the rice and extra vegetables or salad.

Ideas & Hints:

- If you don't want to heat the mornay in the oven it can be heated in a saucepan. Put into a large saucepan and heat through using low heat. Stir from time to time. The cheese can be mixed through or sprinkled on the top of the mornay once it is served.
- For a flavour change add one teaspoon of mustard and one tablespoon of any type of mayonnaise.
- If you like curry, mix about 2 teaspoons of curry powder in with the tuna and other ingredients
- Mornay could be served with pasta instead of rice. Wholemeal pasta is a good choice. It provides fibre and iron. Small wholemeal pasta shapes cook in 10 minutes. Wholemeal spaghetti may take up to 20 minutes. When cooked, wholemeal pasta does not bulk up as much as white pasta.

VEGETABLE SLICE

Recipe Serves 4 - 6

Preparation time: 40 minutes

Ingredients:

1 onion, chopped finely
2 carrots, grated
2 medium size zucchini, grated
2 sticks celery, chopped finely
1 cup grated cheese
1 cup corn kernels (canned or frozen)
1 cup peas (canned or frozen)
2 cups self-raising flour
6 eggs
½ cup milk

Method:

1. Beat milk and eggs together.
2. Combine all ingredients in a large bowl.
3. Pour into greased baking dish or greased muffin tins.
4. Bake in a moderate oven (180°C) 30 minutes or until firm. If making muffins cook for about 15 minutes. Cooking time will depend on the size of the muffins.

Ideas & Hints:

- Use half white flour, half self raising wholemeal flour for extra fibre. All wholemeal flour could also be used
- Use any vegetables you like including legumes such as butter beans and haricot beans. If you use potato, sweet potato or pumpkin, they would need to be grated.
- Use any leftover *cooked* vegetables.
- You will need about three cups of vegetable in total.
- Great for packing into lunch box. This slice will need to be kept cold, so pack with a frozen drink or small freezer brick.

ZUCCHINI SLICE

Recipe serves 4 - 6

Preparation time: 35 minutes

Ingredients:

2 medium zucchini, washed and grated
1 onion, chopped finely **or** 1 shallot chopped finely
1 cup grated cheese
1 cup self-raising flour
6 eggs, beaten

Method:

1. Combine all the ingredients and mix well.
2. Pour into greased baking dish.
3. Bake in moderate oven (180°C) for 20 minutes or until firm to touch. Test with a skewer. The skewer should come out clean.

Ideas & Hints:

- Use half white flour, half wholemeal flour for extra fibre.
- Add a couple of slices of chopped up ham or about a cup of chopped up cooked meat or cooked chicken (remove any fat that you can see).
- Great for packing into lunch box. It will need to be kept cold, so pack with a frozen drink or small freezer brick.
- If serving as the main meal, serve with extra cooked vegetables or salad.
- The recipe could be baked in muffin tins instead of in a baking dish. The cooking time will be a bit shorter. Bake until firm to touch.

BAKED VEGETABLES – a great meal or snack

Recipe serves 4-6

Preparation time: 1 hour

Ingredients:

3 medium potatoes
6 serve size pieces sweet potato
6 serve size pieces pumpkin
1 parsnip

Spices and herbs to add if you like:

2 cloves garlic, finely chopped
4 small sprigs fresh rosemary
2 teaspoons turmeric
2 teaspoons curry powder
4 tablespoons oil

Method:

1. Preheat oven to moderate (180°C).
2. Prepare vegetables by scrubbing and peeling or just scrub well. It is much easier to remove the skin from pumpkin once it is cooked. Cut vegetables into serve size pieces or chunks.
3. If you are using spices or herbs, place vegetables into a large bowl. Add spices, herbs and oil, mix gently vegetables are coated in oil and spices.
4. Bake until tender (30 - 45 minutes). Vegetables can be turned over while baking but, don't have to be.
5. For a main meal, serve these vegetables with meat or eggs.
6. For a light meal, serve on toast and sprinkle with grated cheese or parmesan cheese.

Ideas and Hints:

- Other and different vegetables can be used including zucchini (whole or in chunks), small yellow squash (whole), onion, mushrooms. These are soft vegetables and will only need about 20 minutes to cook so, put them in with the harder vegetables about half way through the cooking time.
- Dried herbs can be used instead of fresh herbs but just use a sprinkling. Dried herbs usually give a stronger flavour than fresh herbs so don't use too much.
- When baking vegetables to go with a main meal like roast meat or chicken, cook extra that can be used through the week as a snack, in salads, as a sandwich or wrap filling.

Baked jacket potatoes and other baked vegetables, make a great snack.

MIXED VEGETABLE RISOTTO

Recipe serves 4

Preparation time: 40 minutes

Ingredients:

1 cup Arborio rice
3 cups chicken stock (UHT 'ready-made stock, or make from stock powder or stock cubes)
2 cups mixed vegetables (cooked, or frozen)
 $\frac{1}{3}$ cup parmesan cheese **or** grated tasty cheese

Method:

1. Place stock into medium to large saucepan. Bring to boil.
2. Slowly add rice to stock, stirring all the time. Boil gently for about 30 minutes. Stir occasionally.
3. Add vegetables about 15 minutes before rice is finished cooking.
4. Once rice is soft, remove from the heat, stir the parmesan cheese through and serve. If using tasty cheese it could be sprinkled on the Risotto once it is served

Ideas and Hints:

- Other suitable vegetables include:
 - frozen vegetables
 - any left-over cooked vegetables
 - chopped (about one centimeter chunks) or grated vegetables e.g.; sweet potato, zucchini, pumpkin, mushrooms
 - finely chopped leek
 - canned vegetables e.g. corn, legumes (butter beans, chick peas etc.). Drain before adding.
- Mash canned salmon or tuna (about $\frac{3}{4}$ - 1 cup) could be added in the last 5 minutes of cooking.
- About one cup of chopped up, cooked chicken could be added instead of the canned salmon.

SPINACH FRITTATA

Recipe serves 4- 6

Preparation time: 45 minutes

Ingredients:

2 spinach leaves, washed well then chopped. Slice stalks thinly
1 onion, chopped **or** 1 shallot, chopped
8 eggs, beaten
1 cup grated tasty cheese
2 tablespoons oil
2 cloves garlic, crushed (if you like garlic).

Method:

1. Preheat moderate oven (180°C). Grease baking dish (approximately 20 centimetres square with sides about 4 centimetres high).
2. Heat oil in frying pan or saucepan and lightly fry onion and garlic.
3. Add chopped spinach to onion. Turn heat down, place lid on and cook gently for about 5 minutes. Stir occasionally.
4. Put about ½ the spinach into baking dish then sprinkle with ½ the cheese. Add remainder of spinach.
5. Pour beaten egg over spinach, and then sprinkle with the rest of the cheese.
6. Bake until firm and lightly brown (about 30 minutes). Serve with bread, rice or pasta.

Ideas and Hints:

- Other vegetables can be used instead of spinach e.g. broccoli, zucchini, grated sweet potato, frozen mixed vegetables or drained canned legumes such as butter beans or chick peas. A mixture of vegetables can be used. Allow about ½ cup vegetables per person
- 250g (approximately) frozen spinach can be used. Defrost and squeeze 'dry'.
- If serving more than four people, use more eggs. Allow 1 - 2 eggs per person.
- Use ½ teaspoon of minced garlic instead of fresh garlic. Once jars of minced garlic are opened they will need to be refrigerated.
- Instead of baking in the oven, this frittata could be cooked in a frypan or frying pan with the lid on and using very low heat. When firm you may like to brown it under the griller although, this is not necessary. If the top is not quite set and you don't want to use the griller, you could gently turn frittata over a section at a time using an egg slice.

MEXICAN MINCE

Recipe will serve 4

Preparation time: 30 - 40 minutes

Ingredients

500 g beef mince
1 tablespoon oil
2 cloves garlic, crushed or finely chopped
1 medium onion, chopped
2 large carrots, grated
1 small capsicum, diced (optional)
1 cup of corn kernels (frozen or well drained canned)
1 cup of peas (frozen or well drained canned)
200g can chopped tomatoes (about 1 cup)
400g can red kidney beans, well drained
1 packet taco spice mix

Method

1. Heat the oil in a frying pan or an electric frypan or a large saucepan
2. Add onion and garlic. Brown using moderate heat
3. Add mince, stir and cook until brown
4. Add carrot, capsicum, tomato and taco spice
5. Bring to the boil, turn heat down and simmer gently for 10 minutes
6. Add kidney beans and heat
7. Serve in taco shells, in wraps or on toast

Ideas & Hints

- 1 large tomato plus 3 tablespoons tomato paste could replace the can of chopped tomato tomatoes
- Different vegetables could be used as long as they will cook in about 10 minutes e.g. chopped celery, green beans, grated sweet potato, thickly sliced zucchini, mushrooms. Try to have 3 - 4 cups of vegetables in addition to the kidney beans and tomatoes

CREAMED RICE

Recipe serves 4-6

Preparation time: 45 minutes

Ingredients:

4 tablespoons rice (medium grain or Arborio is best. Long grain is better for savoury dishes)
2 ½ cups milk
2 dessertspoons sugar

Method:

1. Place rice and milk into saucepan. Bring slowly to boil with lid off, stir from time to time.
2. Simmer gently over low heat with lid off. Stir from time to time to help prevent burning.
3. Cook until rice is soft (about 30 minutes). Add sugar and stir through.

Ideas & Hints:

- Creamed rice makes a great snack. Serve hot or cold.
- All types of milk are suitable (fresh, long life, powdered, evaporated, skim or full cream).

FRUIT CRUMBLE

Recipe serves 4 - 6

Preparation time: 30 minutes

Ingredients:

1 x 800g can pie (solid pack) apples
½ cup flour (plain or self-raising)
¼ cup sugar (white or brown)
¼ cup coconut
¼ cup rolled oats
3 tablespoons margarine

Method:

1. Rub margarine into dry ingredients to make crumble. Place fruit into oven dish. Sprinkle crumble over fruit.
2. Bake in moderate oven (180°C) 15-20 minutes.

Ideas & Hints:

- Use any fruit. Pie pack or fruit canned in juice. If using fruit canned in juice you will need to drain off about half of the juice. You could stew your own fruit.
- Coconut can be replaced with extra rolled oats
- You could make twice as much crumble mix and freeze half for next time.

HIGH FIBRE FRUIT LOAF

Ingredients:

1½ cups All bran™ or All Bran™ buds
¼ cup raw sugar
1 cup sultanas
1½ cups of milk
1 egg, beaten
2 cups wholemeal self-raising flour

Method:

1. Mix together the All- bran, sugar, sultanas. Then add milk and soak for 1 hour
2. Add beaten egg to the soaking ingredients
3. Fold in the flour
4. Place mixture into a greased, baking tin (approximately 20x20 cm.) or loaf tin. Probably a good idea to line base of baking tin.
5. Bake in moderate oven (160°C– 180°C) until firm to touch or skewer placed in centre comes out clean. Baking time is approximately 30 minutes (Note that loaf doesn't rise very much)
6. Once cooked, turn out onto a cake cooler. Cut when cool.

Ideas and Hints:

- Chopped dates could replace sultanas
- Brown sugar could replace raw sugar
- Milk can be skim, fat reduced or full cream
- Wholemeal flour will provide more fibre but could be replaced with 'white' flour
- Chopped walnuts could be added to the mix (about ½ cup)
- The dough could be cooked in muffin tins or patty papers but would only need about 15 minutes baking time
- The egg could be left out.

SCONE DOUGH

Recipe makes 10 - 12 small scones

Preparation time: 20 minutes

Ingredients:

2 cups self-raising flour (try half wholemeal flour)
1 cup milk

1 tablespoon sugar
2 tablespoons margarine

Method:

1. Preheat oven to hot (about 220°C) Grease oven tray or use baking paper.
2. Rub margarine into flour add sugar, stir in enough of the milk to make soft dough.
3. Place the dough onto a lightly floured surface. Knead gently then pat dough out to about two centimeters thick. Lightly flour your hands before kneading.
4. Use floured scone cutter or sharp knife to cut dough into scones, bake 8-10 minutes.

Ideas & Hints:

- If you made the dough too soft to knead just place the dough into a greased baking tin. Bake at 180°C for 20 - 30 minutes. Test with a skewer. Cool, cut into slices.
- Scones can be frozen at the raw dough stage or when cooked.

Sweet dumplings - Flour hands, roll about 2 tablespoons of dough into balls. If stewing fruit, add dumplings to fruit once fruit is simmering. If canned fruit is used, empty fruit plus juice into a large saucepan, bring to boil, carefully drop in dumplings. Turn heat down, simmer gently, lid on until dumplings are cooked (about 15 minutes).

Savoury dumplings - Leave out sugar. To make dumplings, flour hands and roll about 2 tablespoons of dough into balls. Add to stews or casseroles for the last 15 minutes of cooking time. Savoury dumplings are served instead of potato, rice or pasta.

Cheese scones - Leave out sugar, add ½ cup of grated tasty cheese after margarine is rubbed in.

Fruit scones - Add ½ cup sultanas or ½ cup chopped dates after margarine has been rubbed in.

Cinnamon swirls - Pat dough out thinly. Sprinkle lightly with cinnamon and sugar, roll up. Cut into slices about two centimetres thick. Place 'swirls' into greased, lined baking dish. Bake for about 10 minutes in a moderate oven. Try thinly spread jam instead of sugar. Spread using a bread & butter knife. The rolled up dough could be left uncut and cooked as a 'log'

Pumpkin scones - Remove ½ cup milk and replace with ½ cup mashed pumpkin plus one beaten egg. Pumpkin could be replaced with orange flesh sweet potato. Sweet potato is usually a bit drier than pumpkin so, when making the dough, one or two extra tablespoons of milk may be needed.

Puftaloons or Fried Scones - Leave out sugar. Press dough to one centimetre thick. Cut into scones. Place in moderately hot frying pan that has been greased with a small amount oil. Cook to golden brown on underside, turn over. Brown other side. Serve hot with vegetables and meat instead of potato.

Fried potato scones - Make as for fried scones but remove ¼ cup of milk and add ½ cup cooked mashed potato. Serve with soup or stew.

WEETBIX SLICE

(Great for packed lunches)

Cuts into 16 pieces

Preparation time: 40 minutes

Ingredients:

1 cup self-raising flour
5 Weetbix™, Vitabrits™ or other breakfast biscuits, crushed
1 cup coconut
4 tablespoons margarine
2/3 cup sugar (white or brown)
1 egg, beaten
1 tablespoon golden syrup or honey

Method:

1. Preheat oven to 150°C.
2. Grease a baking tin, approximately 28 cm x 20 cm. with sides at least 4 cm. high. Line the bottom with greased paper.
3. Melt margarine, sugar and honey together **but don't allow it to get hot.**
4. Add egg and coconut to margarine.
5. Mix in the flour and crushed breakfast biscuits
6. Press mixture into the prepared baking tin.
7. Bake 30 minutes. Cut into squares while warm but leave in tin until cool. Although the slice is soft when it is first taken out of the oven, it becomes firm as it cools. Don't cook for longer than 30 minutes or the slice may be too hard when cold.

Ideas & Hints:

- 1 cup of sultanas or 1 cup chopped dates could be added to the egg and coconut.
- For a flavor change add 1/2 cup Milo™ with the flour and crushed breakfast biscuits
- For extra fibre, use half wholemeal self-raising flour. All wholemeal flour could be used.

RICE BUBBLE & OAT BISCUITS

Recipe makes: 20-24

Preparation time: 35 minutes

Ingredients:

1 cup rice bubbles
1 cup rolled oats
½ cup plain flour
½ cup self-raising flour
¼ cup coconut
½ cup sugar (brown or white)
2 dessertspoons honey or golden syrup
½ cup of margarine (this is the same as 125 grams or about 5 dessertspoons)

Method:

1. Preheat oven to 160°C (slow)
2. Mix together the rice bubbles, oats, flour and sugar
3. Melt the margarine and honey together
4. Pour the melted margarine into the dry ingredients and mix well
5. Place spoonfuls of mixture onto a greased tray. You may need to press biscuits into shape. Leave enough space between each biscuit to allow for spreading
6. Bake for 15-20 minutes. Biscuits should be golden brown when cooked
7. Allow biscuits to cool on cooking tray.

Ideas & Hints:

- Wholemeal flour can be used for extra fibre
- If you don't have coconut use an extra ¼ cup of rolled oats or ½ cup wheat germ
- Store in an airtight container
- This is an easy recipe for children to make (or help make)

HEALTHY WEIGHT

There is so much talk about people being overweight or very overweight (obese). The worry is that these conditions can lead to health problems including type II diabetes.

WHAT TO DO

Healthy eating and daily exercise is the answer. This is a *lifestyle*. Sound too hard? Perhaps not! The following information may help.

Let's talk about food

- First of all, going on diets or skipping meals doesn't work. 'Weight loss diets' may work in the beginning but, in the long term, they are often doomed to fail.
- Don't skip meals especially breakfast. You will get too hungry and may end up eating much more than you would normally eat.
- Between meal snacks are important. Ideas include:
 - Fruit (not juice)
 - Bread (wholegrain or wholemeal). Try drying thinly sliced bread or flat bread such as Lebanese bread, in a slow oven until it is crisp. Use instead of savoury biscuits as these can be expensive and are often fatty.
 - Reduced fat or skim dairy foods – milk, yoghurt, custard and cheese.
 - Raw vegetables such as carrot sticks, capsicum strips, cucumber chunks.
 - Cold cooked vegetables such as potato and pumpkin chunks.
 - Plain breakfast cereal
- If you like desserts have fruit with yoghurt or custard (low fat).
- Don't get into the habit of having 'treats' on a regular basis e.g. soft drinks, a packet of potato crisps or a chocolate bar each day. Treats are 'sometimes' food.
 - Snacking in front of the TV is a trap, even if nutritious it is so easy to eat too much.

WATER IS THE BEST THIRST QUENCHER.

Tap water is cheap and readily available and it has no kilojoules. Soft drinks, sports drinks, cordials and even fruit juice, contain lots of sugar and this means extra kilojoules. The sugar in these drinks can also contribute to tooth decay. It is important to note that low joule soft drinks contain acid and this can damage tooth enamel.

Fruit juice can be high in sugar even if it is unsweetened or has 'no added sugar'. It is easy to drink large amounts of juice and this means lots of kilojoules. It is better to eat one or two pieces of fruit. You will get the vitamins you need plus fibre. Juice has very little fibre (if any). If you do like juice, limit it to one small glass a day

When Eating Out

- Avoid 'all you can eat' places. You usually end up eating too much.
- Choose potato wedges instead of potato chips. Wedges have less fat.
- Ask for grilled fish and chicken instead of battered or crumbed.
- Beware of 'meal deals'; they can be a fat trap.
- Choose garden salads instead of creamy pasta salads.
- Try steamed or boiled rice instead of fried rice.
- Takeaways can be fun but they are often fatty so, no more than one takeaway meal a week.
- Ask for smaller serves, particularly of fatty foods e.g. potato chips. It is easier to ask for smaller serves than to leave food uneaten on the plate.



"It was very hard to start but once you do it's too easy and now it's become part of my everyday life."

PARMINDER



"One of the things my health coach taught me was about calories, I am now very mindful of calories as well as 5 servings of vegetables and 2 servings of fruit...it has been a great learning experience."



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