

Please note that these are only meal ideas for items that you would typically receive in an emergency food parcel. We cannot guarantee that you will receive these items as they may vary depending on donations. We have also included some budget meal ideas which you can cook at home.



Alice Charity was created in 2011 to support families across Stoke-on-Trent and Newcastle-under-Lyme.
Our services include:

- **Family Support** - We support families in a variety of ways such as housing applications, benefits advice, emotional support and much more. Our service is tailored to the family's unique needs and each support package is as individual as the family we are supporting.
- **Peoples Pantry** – Our mission is simple, "no child goes hungry" This service provides a 3-day emergency food parcel to families in need.
- **Big Cup** – These are our free parent and toddler groups that run at various locations across the city, designed as a fun and educational environment where children can learn through play and parents can meet new friends.

Alice (Relief of poverty and advancement of community)
Registered charity number: 1148385
Company Reg number: 07514119
Email: info@alicecharity.org
Tel: 01782614838



alice charity
helping families in our community



Budget Meal Ideas



Tiny Tree and Sausage Pasta

Method

1. Heat 2 tsp oil in a frying pan over a medium heat and fry the sausages for 10-12 mins until cooked through. Remove with a slotted spoon.

2. Meanwhile, bring a large pan of salted water to the boil and cook the pasta to pack instructions, adding the broccoli for the last 2 mins. Drain and return to the pan.

3. Whisk the soft cheese with the lemon juice and 1 tsp oil to combine; stir through the pasta and broccoli. Gently toss through the sausages and cherry tomatoes.

Ingredients

- 1 tbsp olive oil
- 175g frozen pork cocktail sausages
- 150g fusilli pasta
- 250g broccoli, florets trimmed
- 75g 50% less fat garlic and herb soft cheese
- 1½ tbsp lemon juice
- 125g Nightingale Farms cherry tomatoes, halved



Fish Nachos Recipe

Method

1. Preheat the oven to gas 6, 200°C, fan 180°C. Cut each tortilla into 8 triangles and spread out over 2 baking trays. Bake for 5-6 mins until crisp and just starting to turn golden.

2. Meanwhile, dot the fish with butter. Place on a microwavable plate, cover loosely and cook on full power for 5 mins*, turning halfway. Transfer to a clean plate, pat dry with kitchen paper, then flake and gently toss with 75g salsa.

3. Put the tortillas in an ovenproof dish, top with the fish and scatter over the cheese. Bake for 5-7 mins until the cheese starts to melt.

4. Meanwhile, mix the cherry tomatoes and chopped coriander into the remaining salsa. Serve a few spoonfuls on top of the nachos (serve the remainder on the side). Scatter over the spring onions and reserved coriander leaves.

Ingredients

- 4 plain tortilla wraps
- 2 frozen white fish fillets (about 175g)
- 15g butter
- 125g fresh salsa
- 50g 50% reduced-fat mature cheese, grated
- 100g cherry tomatoes, quartered
- 10g fresh coriander, most chopped, a few leaves reserved to garnish
- 2 spring onions, sliced

People's Pantry Meal Ideas



Hot Dog Pasta



- Boil pasta as per pack instructions
- Make pasta sauce as per pack instructions
- Open and chop hotdogs
- Add pasta, hotdogs and sweetcorn to cooked sauce
- Season to taste



Kidney Beans Curry & Rice

- Open kidney beans and warm through, add garlic paste and any other spices you may have
- Boil your rice as per pack instructions
- Add chopped tomatoes and peas to kidney beans
- Add curry sauce
- Serve curry with Rice

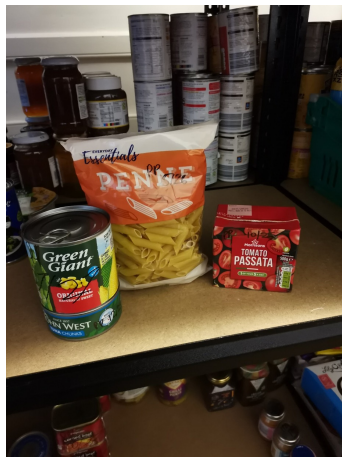


(Add meat if you have, to bulk out and add protein, serve with naan or garlic bread)

Tuna Sweetcorn Pasta

- Boil pasta as per pack instructions
- Open tuna and sweetcorn and add to cooked pasta
- Add tomato passata
- Season to taste

(add cheese if you have it, to taste)



Fish Finger Tacos

Method

1. Cook the fish fingers to pack instructions.
2. Meanwhile, mix the tomatoes, onion, garlic, jalapenos (if using), half the lemon juice and the oil in a bowl and season.
3. In a separate bowl, mix together the mayonnaise, gherkins, capers, parsley and remaining lemon juice.
4. Fill each taco shell with some shredded lettuce and 1 tbsp of the tomato salsa. Top with a fish finger and a little tartare sauce to serve.

Ingredients

- 12 frozen fish fingers
 - 2 large tomatoes, finely chopped
 - ½ red onion, finely chopped
 - 1 garlic clove, crushed
 - 50g pickled sliced jalapenos, finely chopped (optional)
 - 1 lemon, juiced
 - 1 tbsp olive oil
 - 150g pack crunchy taco shells
 - 1 Little Gem lettuce, shredded
- For the tartare sauce**
- 3 tbsp mayonnaise
 - 1 tbsp finely chopped gherkins
 - 2 tsp capers, finely chopped
 - 15g flat-leaf parsley, finely chopped

Pork Egg Fried Rice

- Fry your pork meat with a small amount of oil (optional) you can just heat this through
- Add sweetcorn and peas to meat
- Microwave rice as per pack instructions
- Add meat to rice and veg mix
- Season to taste



(Add eggs to add protein , or add more veg to bulk out)



Spaghetti Lasagna

Method

1. Heat oven to gas 6, fan 180°C. Heat the oil in a deep-frying pan set over a medium-high heat and fry the onion for 7-10 mins until tender. Add the garlic for another min, then stir in the beef mince. Cook, stir occasionally, for 8-10 mins until golden brown and any liquid has been absorbed.
2. Stir in the purée for 1 min, then tip in the chopped tomatoes and half a can of water. Season and gently simmer for 10 mins until the sauce has thickened slightly.
3. Meanwhile, cook the spaghetti for 6 mins, then drain and tip into a baking dish. Spoon over 3/4 of the white sauce, top with the meat sauce. Dot with the remaining white sauce and mozzarella; bake for 20-25 mins until lightly golden on top and gently bubbling. Serve with a side salad

Ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 500g 20% fat beef mince
- 3 tbsp tomato purée
- 400g tin chopped tomatoes
- 300g spaghetti
- 340g white sauce
- 210g ball of mozzarella, roughly torn

Bacon, Potato & Onion Bake

Method

1. Preheat oven to gas 6, 200°C, fan 180°C. Heat 2 tsp oil in a frying pan over a medium-high heat and fry the bacon for 5 mins until starting to crisp.
2. Meanwhile, bring the stock to the boil in a large saucepan. Add potatoes, onions and garlic, pushing them down to submerge. Return to the boil, then simmer for 5 mins. Drain the veg, reserving the stock.
3. Layer the potatoes and onions in a large shallow baking dish, scattering over the bacon, 1 tsp herbs and a little black pepper as you go. Pour over 300ml of the reserved stock.
4. Mix the breadcrumbs with the remaining herbs and oil and scatter over the top. Cover loosely with foil and bake for 40 mins, removing the foil halfway.
5. Just before the potato bake is ready, steam or boil the cabbage for 3-5 mins until tender; serve alongside.

Ingredients

- 1 tbsp olive oil
- 250g cooking bacon, rind removed, roughly diced
- ½ vegetable or chicken stock pot, made up to 1ltr
- 850g potatoes, peeled and thinly sliced
- 2 onions, thinly sliced
- 3 garlic cloves, sliced
- 2 tsp herbes de Provence
- 50g sliced wholemeal bread, blitzed into crumbs
- 400g Savoy cabbage, shredded

Method

1. Preheat the air-fryer to 200°C.

2. Assemble the pitta pizzas by spreading your chosen sauce over the top of the breads and sprinkling with cheese. Add your chosen toppings, pressing down so they don't fall off.

3. Cook 1 or 2 pizzas at a time, depending on the size of your air-fryer. Carefully lift the assembled pizza into the basket of the air-fryer and cook for 4-6mins until the cheese is golden brown and bubbling. Lift out and slice into pieces. Serve while warm.

Ingredients

- 4 white pitta breads
- Margherita topping
- 4 tbsp tomato purée with herbs
- 80g grated mozzarella
- BBQ chicken topping
- 1 tbsp BBQ sauce
- 20g grated mozzarella
- 20g roast sliced chicken breast, torn into small pieces
- 15g sweetcorn, defrosted if frozen
- 15g sliced mushrooms

Air Fryer Pitta Pizzas



Classic Pepperoni

- 1 tbsp tomato purée with herbs
- 20g grated mozzarella
- 15g pizza pepperoni
- 15g frozen sliced mixed peppers, defrosted
- pinch dried oregano

Mild Chicken Curry and Rice



- Open chicken curry tin and add to saucepan
- Add chopped tomatoes and tinned potatoes to bulk your curry out, heat through until piping hot
- Microwave rice as per pack instructions
- Serve and enjoy

(Add extra meat or veg to make this go further, serve with garlic bread or naan)



Easy Mac and Cheese



- Boil your pasta as per pack instructions
- Mix your Cheddar cheese sauce with 300ml Milk and bring to the boil, simmer until smooth and thickened
- Add your cooked pasta
- Season to taste

(To make extra cheesy add grated cheese if available or add vegetables to bulk out and add nutrients)

