

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

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.

Our services include:

- **Family Support** - Provides compassionate, confidential help tailored to each family's needs, starting within the home. Supporting children and families facing challenges such as isolation, post-natal illness, disability, mental health issues, bereavement, poverty, or financial difficulties.

By offering early intervention, guidance, and sustained support, it strengthens families' capabilities and helps prevent crises from escalating.

- **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** – Big Cup is a free, friendly weekly parent-and-toddler group across Stoke-on-Trent and Newcastle-under-Lyme.

It offers a warm space for children to learn and play while parents connect and build supportive friendships.

With fun activities, expert advice, and links to wider services, Big Cup helps families feel confident, connected, and supported.

Alice (Relief of poverty and advancement of community)

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alice

Supporting children in our community

Ingredients
in the
pantry!



Budget Meal Ideas

Pitta Pizzas

- 4 whole pitta breads
- Cheddar /
- Mozzarella cheese
- 4 tbsp tomato purée

Optional:

- 15g sweetcorn, defrosted if frozen
- 15g sliced mushrooms,
- 20g roast sliced chicken breast (torn into small pieces)
- 15g frozen sliced mixed peppers, defrosted



Method

1. Whisk eggs until just combined; don't overbeat.
2. Melt butter/heat oil in skillet over medium/high heat. Add onions, bell pepper (+ ham if adding). Cook/stir until onions soften (+ham starts to caramelise) ~5 minutes.
3. Reduce heat and pour in eggs. Ensure ingredients evenly distributed. Quickly run spatula along edges of omelette. Sprinkle cheddar cheese (+cayenne pepper) over it.
4. Cook, shaking pan occasionally, until top is wet but not runny ~5 minutes
5. Use spatula to fold omelette in half and transfer to plate.

Method

1. Preheat oven
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. Carefully lift the assembled pizzas onto an oven tray and cook until the cheese is golden brown and bubbling
4. Lift out and slice into pieces. Serve while warm.



Denver Omelette

- 3 large eggs
- 1 tbsp butter/oil
- 2 tbsp diced onion
- 2 tbsp diced green bell pepper
- ½ cup shredded Cheddar cheese

Optional:

- diced smoked ham
- salt & black pepper to taste
- 1 pinch cayenne pepper

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



People's Pantry Meal Ideas

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)

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)



Budget Meal Ideas

Spaghetti Lasagna

- 1tbsp olive oil (or veg/sunflower)
 - 500g Beef mince
 - 3 tbsp Tomato purée
 - 400g tin Chopped tomatoes
 - 300g Spaghetti
 - 340g White sauce
 - Cheese
- Optional:**
- 1 onion, finely chopped
 - 3 garlic cloves, finely chopped
 - seasonings to taste



Method

1. (fry onion until tender & add garlic for another min after) Brown the mince in a pan.
2. Stir in tomato purée, chopped tomatoes, ½ a can of water (+ seasonings); simmer until thickened.
3. Part-cook the spaghetti, then place it in a baking dish.
4. Pour over most of the white sauce, then add the meat sauce.
5. Top with the remaining white sauce and cheese.
6. Bake until golden and bubbling.

Method

1. Wash potatoes and cut into 1-inch cubes.
2. Soak in cold water for 20 minutes or up to 1 hour (optional).
3. Preheat the oven to a very hot temperature.
4. Add olive oil, seasonings, and herbs and roast on baking tray until brown and tender.



Oven Roasted Potatoes

- 0.9 kg of potatoes
 - 2 tbsp olive oil (any oil fine)
 - salt to taste
 - black pepper to taste
- Seasonings:**
- any spice packet you want
- OR**
- 1 tsp garlic powder,
 - 2 tsp of dried herbs
 - 1/2 tsp paprika

Budget Meal Ideas

Tiny Tree and Sausage Pasta

- 1 tbsp olive oil (sunflower/veg is okay)
- 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

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.



Method

1. Preheat oven to gas 6, 200°C, fan 180°C. Cut each tortilla into 8 triangles and spread out over 2 baking trays
2. Bake for 5-6 mins until crisp and just starting to turn golden
3. Meanwhile, dot the fish with butter. Place on a microwavable plate, cover loosely and cook on full power for 5 mins*, turning halfway.
4. Transfer to a clean plate, pat dry with kitchen paper, then flake and gently toss with 75g salsa.
5. Put 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.
6. Meanwhile, mix cherry tomatoes and chopped coriander into remaining salsa. Serve a few spoonful's on top of the nachos (serve remainder on side).
7. Scatter the spring onions and reserved coriander leaves over it all.

Fish Nachos Recipe

- 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

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)