

Swap
WHEN YOU **COOK**

Swap
WHEN YOU **SHOP**

Swap
WHEN YOU **SNACK**

Eating Well: Snacks & Treats

Eating well doesn't mean you can't have a treat. Try these simple (and tasty) treat swaps.

Movie night Popcorn

Instead of reaching for crisps and dips, try making your own popcorn, it's easy to make and the kids will have fun hearing it popping! Plus, it's a great source of fibre, so you'll feel fuller for longer. Only suitable for adults to make children must be supervised due to hot oil.

Here's what you'll need:

20g popping corn

1 tablespoon of vegetable oil

Chilli powder, paprika or your favourite spice mix for savoury flavours or cinnamon or pure cocoa powder for sweet

A large pan with a lid

Here's how to make it:

Add 1 tablespoon of oil into the pan and heat.

Add 20g corn kernels into the hot oil and put on the lid.

After a few minutes you'll start to hear the loud popping noises.

When you hear 2 to 3 seconds pause between pops, turn off the heat and it should be safe to remove the lid.

Be careful of the steam as you tip the popcorn into a bowl or paper bag.

Some kernels may not pop, just leave these to one side. Don't add time onto cooking as this could cause the rest of the popcorn to burn.

Sprinkle your chosen topping over the popcorn and enjoy!



Super simple ice cream

A scoop or two of ice cream goes down a treat. This low-fat recipe has just one ingredient and is so easy to make.

Here's how to make it:

Peel and slice 4 bananas then freeze for at least 2 hours

Blend in a food processor until smooth. If you don't have a blender you can use a fork and mush it until smooth.

Scoop into bowls and if you like add a handful of frozen fruit

Crunchy bites

These crunchy bites are a great snack swap instead of mid-afternoon biscuits or crisps.

Here's how to make it:

Take 2 rice cakes or a packet of plain mini rice cakes

Add a tasty topping of your choice: a thin layer of reduced-fat soft cheese or peanut butter, banana slices, mashed avocado and chilli flakes, a slice of wafer ham or a sliced boiled egg. Tuck in and enjoy!



Chocolate dipped fruit

Special occasion? Birthday tea? Fruit dipped in dark chocolate is a fun way to finish off a meal with a little shared treat.

Here's how to make it:

Cut some of your favourite fruits; strawberries, satsuma segments, bananas, apples, grapes - into chunks and thread onto wooden BBQ skewers

Put 50g of dark chocolate in a bowl and microwave on a low heat. Once melted start dipping!



Good for your body - Good for your mind

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Storing food for longer

Store fresh fruit in your fridge e.g. apples, peaches, plums, berries, grapes (except bananas). Apples can last for more than 100 days in the fridge which is much longer than the fruit bowl

Store vegetables in your fridge e.g. mushrooms, green beans, cucumber, broccoli, carrots, cabbage. Carrots will stay fresh for up to a month in the fridge

Chop and freeze excess fruit and vegetables to use another day

Store potatoes, onions, garlic in a cool dry and dark place. They can all last several months if stored well

Freeze loaves of bread, crumpets, bread rolls, chapattis, wraps, naan breads, pitta breads or teacakes and take them out to use as and when you need them

Freeze milk or buy UHT (long life) milk this can help to save money by preventing waste. You can also freeze milk in ice cube trays so it's ready to pop straight into your favourite hot drink

Freeze food right up to and including on the 'use by' date. If you're not sure that you will eat it in time - just freeze it for another day

If you find you often waste fruit or vegetables, try buying them loose so that you only have as much as you need for the week

Food dates and what they mean

The date labels on some food packaging can be a bit confusing if you don't understand the difference. This guide will help you save money and avoid waste.

DISPLAY UNTIL / SELL BY: These dates are for the shop and not for us at home. You don't need to worry about them, but look out for yellow stickers and discount labels on foods if you want to grab a bargain when the shops want to sell foods off quickly

BEST BEFORE: These dates tell us that food is still safe to eat after that date but the flavour and texture may not be as good as when it is fresh. Use your senses to make a judgement about if a food is still ok to cook or eat e.g. it's smell, appearance and taste. Depending on how your food is stored, it has the potential to be good enough to eat for a long time after this date

Here's a guide to a few key food items and how long after the 'best before' date they can be eaten:

Crisps	1 month	Crackers	6 months
Cereals	6 months	Jar of sauce	12 months
Dried pasta	1-2 years	Tinned foods	1-2 years

USE BY: These dates are about safety and are applied to foods that go off quickly. You should not eat food after the 'use by' date even if it looks and smells ok. However, you can freeze meat, fish, dairy products and chilled foods right up to and on the day to use safely in the future