

Food For Thought

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Weekly charity newsletter

April 2022. Issue 30

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WELCOME...

We hope that everybody has been enjoying the sun! To celebrate the start of spring, we've included a light and healthy budget recipe. Inside, we've got some tips and trips that will help you to reduce your energy consumption (and save money!). We've also got details on the Scottish Child Payment. ChariTea will be closed this week from Tuesday 26th - Thursday 28th April for refurbishment.

The Food For Thought Team



01389743908



Artizan Shopping
Centre, Dumbarton



Orzo and tomato soup

Serves 8, 52p per person

Make this simple, budget-friendly tomato, orzo and chickpea soup in just 30 minutes. This easy, vegetarian family meal is healthy and even low fat

1 chopped onion *22p Aldi*

2 chopped celery sticks *20p Aldi*

2 crushed garlic cloves *2p Aldi*

1 tbsp tomato puree *15p Aldi*

2 tbsp pesto *30p Aldi*

150g small pasta (orzo, or broken spaghetti pieces) *15p Aldi*

700ml veg stock *30p Aldi*

2 tbsp olive oil *20p Aldi*

400g can chopped tomato *40p Aldi*

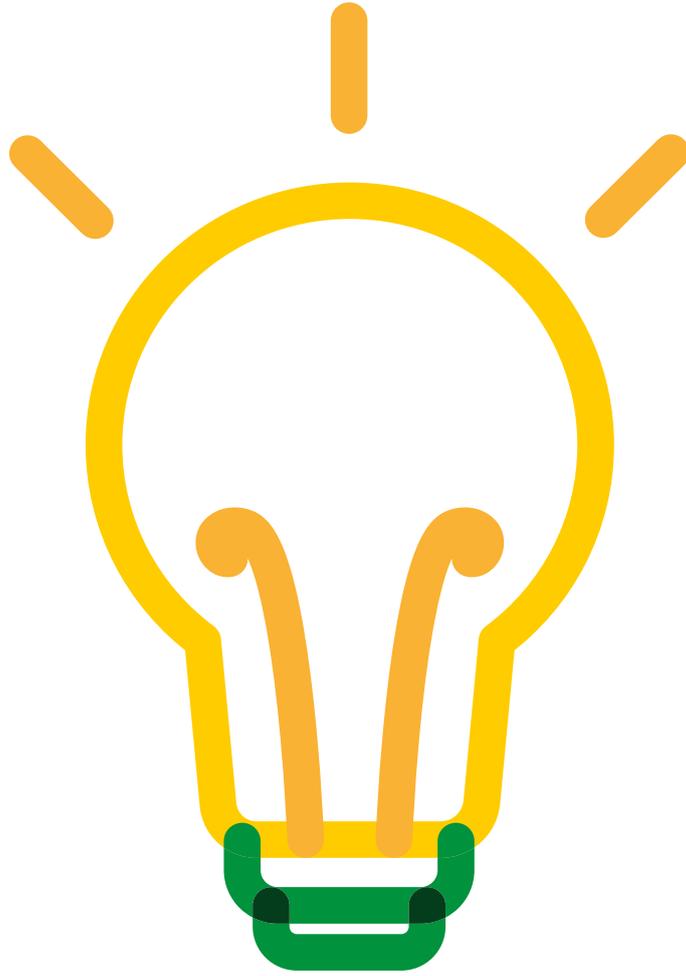
400g can chickpeas *45p Adsa*

1 Heat 1 tbsp olive oil in a large saucepan. Add the onion and celery and fry for 10-15 mins, or until starting to soften, then add the garlic and cook for 1 min more. Stir in all the other ingredients, except for the pesto and remaining oil, and bring to the boil.

2 Reduce the heat and leave to simmer for 6-8 mins, or until the orzo is tender. Season to taste, then ladle into bowls.

3 Stir the remaining oil with the pesto, then drizzle over the soup. Serve with chunks of crusty bread.





Energy Saving Tips Guide



Cut your shower time

Cutting just a minute off your shower time could save £75 a year in energy bills, and a further £105 a year in water bills if you have a meter – £180 a year for an average four-person household.

Switch off standby

You can save around £55 a year just by remembering to turn your appliances off standby mode.

Almost all electrical appliances can be turned off at the plug without upsetting their programming.

Careful with your washing

Use your washing machine on a 30-degree cycle instead of higher temperatures.

Reduce your washing machine use by one run per week for a year.

Dry clothes on racks inside where possible or outside in warmer weather to save £60 a year.

Be savvy in the kitchen

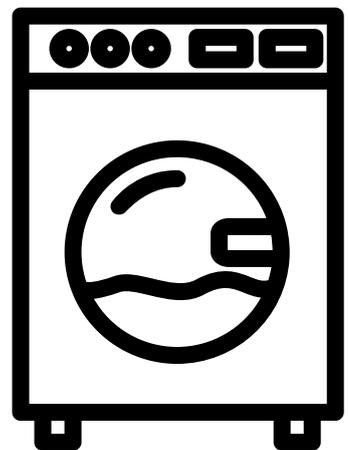
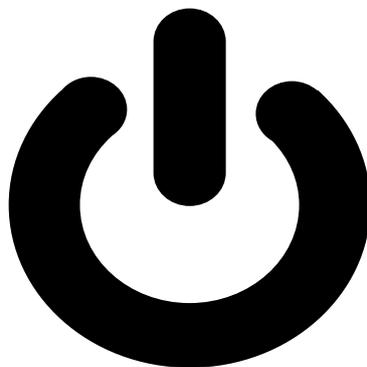
Kettles are one of the most used appliances in the kitchen. Avoid overfilling the kettle and save yourself £11 a year on your electricity bill.

Cut down on the cooking time of pasta by soaking it in cold water first. Soak the pasta for 90 minutes to give it time to absorb the moisture without activating the starches. Bring water to a boil and cook the soaked pasta for 1 to 2 minutes.

Draught-proof your property

A cold draught can cause your home to lose heat, which makes it more tempting to turn the heating up. Draught excluders or draught-proofing kits are a good way to prevent this.

Seal cracks in floors and skirting boards, line your letterbox and block an unused chimney to reduce your heating bills by up to £35 a year.



Thank you!

With your help and donations - we managed to give out over 500 Easter eggs last week, to families who could not afford one.

It's this kind of community spirit that keeps our charity going!



Special thanks to the girls at the Bonhill Girls' Brigade for collecting over 150 eggs!

Scottish Child Poverty

- The Scottish Child Payment from Social Security Scotland is **worth £80 every four weeks for each eligible child aged under 6**. For children aged between 6 and 16, you may be eligible for a bridging payment.
- You can **apply if you live in Scotland whether you are in work or not**. You may be eligible if you are the parent or carer of the child and get certain benefits or tax credits.
- How to apply: call **08001822222** to apply over the phone or get a paper application, OR contact citizens advice at **citizensadvice.org.uk/Scotland**, **08000281456**



Get extra cash help for you and your family:

Apply now for the Scottish Child Payment

Get advice from Citizens Advice Scotland at citizensadvice.org.uk/scotland or call them for free on **0800 028 1456**.

Scottish Child Payment

Get extra cash help for you and your family

Find out how to apply at povertyalliance.org/scottish-child-payment

The Giving Club

Thank you for
continuing to support
Food For Thought's
'Giving Club'



This week's item is:

Tuna

Please drop these off at:

Our central office

*Unit 15, Artizan
Centre - just off
Dumbarton High
Street*

