

Budgeting Tips

- Don't spend all your money as soon as you have been paid.
- Don't shop when you are hungry, you will buy less if you have just eaten.
- Look at the reduced section in the supermarkets.
- Try to shop later in the evening when fresh food has been reduced.
- Talk to Citizens Advice Bureau to check if you are entitled to any extra help or support.
- Compare prices, it is great to shop around, for example:

Item	Branded	Tesco own brand	Lidl's	Co-op own brand
Loaf of bread	£0.78	£0.45	£0.55	£0.75
Mince 500g	£4.50	£2.00	£1.75	£3.64
Margarine 500g	£1.50	£0.89	£0.79	£1.00
Flour 1kg	£1.72	£0.45	£0.45	£1.15
Cheese 350g	£4.00	£1.69	£2.99	£2.00
Eggs 6 pack	£1.90	£1.00	£1.15	£1.33

Useful Numbers in Orkney



Orkney Islands Council:
Tel— 01856 873535
Homelessness Help out of office hours: (5pm-9am) Tel-07699705527



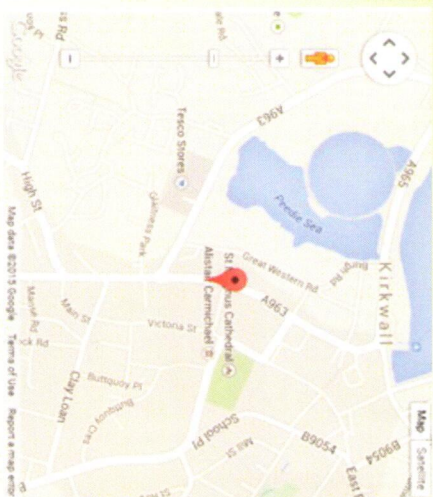
Orkney Citizens Advice Bureau
Mon—Fri, 9—5.
Tel - 01856 875266



Samaritans
24 hours
Tel - 01856 875875



Y people
Tel - 01856 875815



Former Jewson's Building,
Great Western Road, Kirkwall
Tel— 07719293378

Connections



Budget Recipes



Pilaf (serves 4)

Ingredients

- * 1 tin of tuna
- * 250g Rice
- * 1 tin of green beans
- * 1 tin of tomatoes
- * 1 tsp herbs
- * 1 tsp oil

Instructions

1. Heat the oil in the saucepan.
2. Fry your rice until coated in the oil. Add the herbs and then the tin of tomatoes and a tin of water.
3. Just before the rice has absorbed all the water (after approx. 15minutes) add the drained green beans and the drained tuna.
4. Stir through and once the rice is tender and there is no water left, serve steaming hot. Season well with salt and pepper.

Tuna Pasta (serves 4)

Ingredients

- * 400g tuna in brine
- * 2 peppers (de-seeded and chopped)
- * 1 onion (peeled and copped)
- * 2 cloves of garlic (peeled and chopped)
- * 1 tin of chopped tomatoes
- * 1 tsp oregano or mixed herbs (optional)
- * 225g pasta (cooked)
- * Seasoning

Instructions

1. Place all ingredients except tuna and pasta into a saucepan.
2. Cook until vegetables are soft about 5-10minutes add tuna and heat through season to taste.
3. Pour sauce over pasta and serve with vegetables or salad and crusty bread.

Pro Tip : alternative try cooked pasta, tuna, sweetcorn and mayonnaise as a cold salad

Chilli Beef (serves 2)

Ingredients

- * Half a tin of minced beef and onion
- * Half a tin of kidney beans
- * Chilli to taste (fresh chopped, dried and flaked or powdered)
- * The juice from a tin of tomatoes,
- * A good pinch of marjoram, oregano or chives
- * Grated cheese.

Instructions

1. Heat mince in a pan until hot
2. Add the other ingredients and stir. Heat until thoroughly heated
3. Serve on plain boiled rice.



- ◆ Vegetables make a cheap alternative to meat dishes.
- ◆ Sweets and fatty foods should only make up a small amount of your meal.
- ◆ Bulk out meals with bread, potatoes, rice or pasta.
- ◆ Tinned fruit or vegetables are as nutritious as fresh.

Fruit Crumble (serves 4)

Ingredients

- * 2 x 400g Tinned Fruit Juice or 2 Cups Fresh Fruit (Chopped)

Topping

- * 2 rounded tbsp Rolled Oats
- * 4 level tbsp Wholemeal Flour
- * 1 level tbsp Demerara Sugar
- * 1 tbsp Sunflower Margarine

Instructions

1. Place fruit in a large ovenproof dish.
2. Rub together margarine and flour until mixture resembles breadcrumbms
3. Add sugar and rolled oats.
4. Spoon mixture over fruit.
5. Bake for 20-25mins until golden.
6. Serve hot or cold

Accompaniments to crumble may include yoghurt, fromage frais or low fat custard. Experiment with different fruit. Apples are enhanced with the addition of cinnamon or mixed spice at stage 1

Rice pudding brulee (serves 2)

Ingredients

- * 1 tin of Rice Pudding
- * Sugar

Instructions

1. Put rice pudding in to a oven proof dish
2. Sprinkle with sugar
3. Put under a hot grill for a few minutes