**FILLING THE GAP**

**Food Advice**

Filling the Gap providers offer the following suggestions and advice about food provision at Filling the Gap events:

* Have juice or water available for the children throughout the session. Also, having coffee or tea (or hot water to make coffee or tea) available for the adults is appreciated.
* Incorporate lots of vegetables into meals, children often don’t notice! Also have cucumber and cherry tomatoes available throughout the session.

**Menu suggestions:**

Here are some basic ideas that are easy to prepare and are filling and hot. Leftovers can be frozen:

* **Vegetable and tomato pasta:** pasta, tomato sauce, garlic, herbs, spinach, sweetcorn, peppers, onions and mushrooms.
* **Cottage Pie:** mince, oxo cube, peas, spinach, carrots, mash (tiny amount of butter)
* **Bolognaise:** mince, tinned tomatoes, oxo cube, spinach, onions, mixed herbs, carrots, peppers. Serve with shapes pasta as this is easier and less messy to eat than spaghetti
* **Baked potato:** with grated cheese or beans
* **Fish finger butties and chips**

NB. You may need to ensure you have a vegetarian option e.g. soya mince for the bolognaise and cottage pie. Gluten and dairy free may also need to be on offer.

* **Desserts:** Yogurts, fruit pizza (made at tables by the children), jelly, ice-cream, fruit kebabs (made at tables by children), swiss roll.
* **BBQs** are good fun, perhaps to celebrate at the end of the holiday programme. Other party ideas are hot dogs, which are also a useful alternative if one week there is a shortage of volunteers or no full access to the kitchen.
* **Packed lunches** - White/ wholemeal /GF bread, ham or cheese filling, piece of fruit, snack (wrapped chocolate biscuit or raisins) (GF biscuit option available), Carton of juice (OJ or blackcurrant). These can be prepared in the morning and put into paper bags

**Resources offering further ideas and advice about food:**

* The Welcome Network (<http://www.welcomenet.co.uk/resources.html>) has a number of resources to access, including *Recipes from Healthbox, Healthy Holidays Recipes from Feeding Bristol* and a free *Cook with Jack* cookbook from Bite Back 2030.
* Healthbox is a registered Community Interest Company (CIC), a not-for-profit organisation, committed to benefitting local communities in Cheshire and the Wirral: <https://www.healthboxcic.com/recipes/>
* MU\_Food\_on\_a\_Budget\_Recipe\_Leaflet47a3.pdf offers budget hints, tips and recipes for tasty, low cost meals
* *Tin Can Cook* by Jack Monroe, available from Amazon, includes 75 simple store-cupboard recipes.
* Pocket friendly, easy recipes from Marcus Rashford and Tom Kerridge [*https://ecfp.staging.89up.org/full-time-meals*](https://ecfp.staging.89up.org/full-time-meals)

**Funding Support:**

* Some help with funding may be available from Transforming Lives Together
* The large supermarkets (Tesco, ASDA, etc) are often able to donate food items, eg fruit and veg, so it is worth contacting the relevant Community Champion.
* For further suggestions of funding support see the *Funding and Resources* document.