**‘Get cooking…making the most of your food parcel’**

‘Get cooking…making the most of your food parcel’ has been put together by the Health Promotion Team, Community Nutrition and Dietetics at Belfast Health and Social Care Trust. This guide contains simple recipesbased on common items that you will find in any food parcel received from a local foodbank. It gives examples of how these foods can be used to produce more balanced meals on a budget.

In our ‘***savvy shopping’*** section we have suggested some budget friendly items that can be bought to add to your food parcel items and give extra flavour. Also, why not have a look at our ***‘simple sides’*** for other side dishes that can accompany the recipes.

For further information on value for money food and healthy eating, have a look at the leaflet ***‘Better Deals on Meals’***, available from your local food bank.