


# Financial

 Humber and North Yorkshire  
Health and Care Partnership

FEB  
23  
issue 01

# Wellbeing



## 10 Money saving tips on

*There* are many reasons contributing to a higher cost of living for all of us but with inflation those who earn less are spending more of their wages on food. We will be looking at other areas of our lives affected by the current cost of living crisis in future editions but this issue will focus on how we can reduce our food bills, do a supermarket savvy shop and make our food (and money) go further.

*Top tip*

A family could  
**SAVE**  
or **£730**  
over a year  
by not  
wasting food.

Remember, you can freeze food right up to and including the Use By date.



# Budget BARBECUE-STYLE CHICKEN DRUMSTICKS



**BBC Good Food have produced over 60 budget recipes at £1 per portion. Why not try Budget barbecue-style chicken drumsticks...**

"A cheap and easy way to serve up barbecue-style chicken, even when it's raining. Using a cheaper cut like drumsticks helps keep the costs low, and any leftovers can be eaten hot or cold as part of a packed lunch the next day. A kilo-sized pack contains roughly 9–11 drumsticks, but if you think your family will eat more just buy a second pack and freeze the excess – you will still be within budget for the week."

## INGREDIENTS

- 800g/1lb 12oz large potatoes, each cut into 8 wedges
- 2 tbsp vegetable oil
- 1kg/2lb 4oz chicken drumsticks
- salt and ground black pepper

### For the barbecue sauce

- 100g/3½oz tomato ketchup
- 2 tbsp soy sauce
- 2 tbsp runny honey

### To serve

- 500g/1lb 2oz ready-made coleslaw
- 100g/3½oz frozen sweetcorn

## METHOD

1. Preheat the oven to 220°C/200°C Fan/Gas 7.
2. Put the potatoes in a bowl and toss with the oil, a little salt and lots of ground black pepper. Arrange the potato wedges on a large baking tray, skin-side down. (If the potatoes are placed on their skin side, they won't need turning.) Bake for 30–35 minutes.
3. Line a second baking tray with foil or baking parchment and add the chicken drumsticks. Season with salt and pepper and place on a shelf a couple of rungs above the potatoes to allow the heat to circulate. Bake for 20 minutes.
4. While the chicken and potatoes are cooking, cook the sweetcorn according to the pack instructions in the microwave or a small pan then rinse in cold water in a sieve and drain well. Mix with the coleslaw. Mix the barbecue sauce ingredients in a small bowl.
5. Remove the chicken from the oven after 20 minutes and brush generously with the sauce. Return to the oven for a further 10–15 minutes, or until the chicken is thoroughly cooked, sticky and charred in places and the potatoes are pale golden-brown.
6. Serve the chicken with the wedges and coleslaw. Any leftover sauce can be served alongside.

**Many more recipes are available at Family £1 recipe meal plan - BBC Food as well as budget meal planners for families of 4 or 6 people**

*Top tip*

**Write a shopping list and stick to it!**

Avoids the temptation to "throw everything in your trolley and hope that you've got a meal when you get to the checkout".

## Helpful Resources

### Humber and North Yorkshire Resilience Hub

Mental health support for all health and care workers  
[www.hnyresiliencehub.nhs.uk](http://www.hnyresiliencehub.nhs.uk)

Free period products available incognito by contacting [hny.wellbeing@nhs.net](mailto:hny.wellbeing@nhs.net)

Download the Free Health and Wellbeing App - HNY Our People

HNY Our People is a fantastic app for health, care, emergency service, local authority and VCSE staff living and working in North and North East Lincolnshire, Humber, East Riding, York and North Yorkshire. The app places everything you need to take care of your wellbeing in one place. Join challenges, gain awards, build healthy habits; and access a range of self-help tools and podcasts.

[Download through iOS.](#) Or [Download through GooglePlay](#)

**NHS England - Financial wellbeing a range of ideas to help any member of health and care staff and support their financial wellbeing.**

- **Blue Light Card:** Provides a range of discounts online and in store for NHS, emergency services, social care sector and armed forces colleagues who purchase a Blue Light Card.
- **Asda:** as at January 2023, Asda is offering 10% discount in store for Blue Light card holders until 28th February
- **Health Service Discounts:** Offers discounts, vouchers and cashback for NHS and healthcare workers. You can join for free on their website.
- **Money Saving Expert:** Details a number of NHS and care worker staff discounts, some of which do not require a Blue Light Card.

### Citizens Advice

National charity offering confidential advice

### Help for households

Site explaining what government help is available

### Trussell Trust

Charity offering emergency food support

### Entitled To

Calculator showing what benefits you could qualify for

### Which?

Cost of living advice for consumers

*Top tip* Sign up to supermarket loyalty schemes

