



The Consumer Council

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Some useful websites on cooking

Recipes and Cooking

1. Pick up some basic tips on cooking family meals on a budget and download meal planners
<http://www.netmums.com/h/n/FOOD/HOME/ALL/266//>
2. Beyond Baked Beans is for students, singles and for anyone else cooking on a budget
<http://beyondbakedbeans.com/articles/20071218>
3. Create five a day fruit shopping list and meal planner in five easy steps <http://www.5aday.nhs.uk/WhatCounts/PortionSizes.aspx>
4. Tips for healthier eating on a tight budget with recipes – supported by the Foods Standards Agency
<http://www.food.gov.uk/multimedia/pdfs/hnflideng.pdf>

Food Preparation

1. Use the BBC website to find the ideal size of turkey or ham to buy dinner guests

http://www.bbc.co.uk/food/christmas/calculators_index.shtml

2. Safer Christmas eating plus cooking and defrosting guidelines from the Foods Standards Agency

<http://www.eatwell.gov.uk/healthydiet/seasonandcelebrations/winter/saferchristmaseating/>